

*Nationally Accredited
Commission for Accreditation of
Parks and Recreation Agencies*

What's Happening...

Fall 2010

425-430-6700

rentonwa.gov

Renton CityNews Inside



RENTON. AHEAD OF THE CURVE.

City of
Renton

Community Services Department



Welcome

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City Council

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Randy Corman
Marcie Palmer
King Parker
Don Persson, President
Greg Taylor
Richard Zwicker

Terry Higashiyama
Community Services Administrator

Parks Commission

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Al Dieckman, Chair
Michael O'Donin
Ron Regis
Larry Reymann
Tim Searing
Troy Wigestrund

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Anthony Constanti
Rolf Dragseth
Alicia Glenwell
Charles Gray
Cheryl Haskins
Robin Jones, Chair
Adria Krail
Rob Spier
Elizabeth Stevens
Nicole Wicks

Renton Municipal Arts Commission

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Jerri Everett
Valerie Gower
Doug Kyes
Frederick Lund
Linda Middlebrooks
Mike O'Halloran
Patricia Pepper, Chair
Britt McKenzie
Evelyn Reingold
Wesley Van Doreno
Denise Zullig



Mayor's Message

I hope you took time to enjoy the events, festivals and programs that the City of Renton offered this summer. As the days begin to get cooler and shorter, we have many fun activities, classes, and recreational opportunities planned to continue to keep us active. We are also collaborating with area businesses to find innovative ways to provide cost-effective programs and services to all Renton residents.

I invite you to get to know your neighbors and enjoy the free seasonal community events the city offers. Don't miss the Harvest Festival at Piazza Park or the downtown Renton Trick-or-Treat and Olde Fashioned Halloween Party on Main Street. Walk through Gene Coulon Memorial Beach Park during Clam Lights, enjoy a visit by the Argosy Christmas Ship, or celebrate the season at the downtown Renton tree-lighting.

Renton has many trails that are perfect for walking and biking and let you enjoy the spectacular colors of fall. Visit the Springbrook Trail, let your dog run free at the Cedar River Dog Park, or take a walk through the Black River Riparian Forest where majestic blue herons nest and raise their young.

Renton also offers a variety of recreational, cultural and educational programs for all ages and populations. We provide human services, volunteer opportunities, emergency preparedness programs as well as services to low-income seniors. And don't miss the special edition of the city's newsletter—Renton CityNews, that is included in this issue.

Are you looking for a recreation class to enroll in this fall? The City of Renton is now a member of the My Parks & Recreation website. The website is a collaborative effort of the eCityGov Alliance, a partnership of ten cities. This is an innovative tool to find recreation resources on the eastside. Check it out at myparksandrecreation.com. There are also other ways to register for classes and programs: online at cybersignup.org, by mail to the Renton Community Center, on the city's website at rentonwa.gov, or by phone at 425-430-6700.

Denis Law

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Places to Play

New Explore, Learn, Play

On one easy-to-use website, you can now find the same great class you took last time, search for new classes or explore all of our region's parks and trails. Over 3,000 recreation programs, 300 parks, ten local cities, one website.

This website is a collaborative effort of the eCityGov Alliance, a partnership of Bellevue, Bothell, Issaquah, Kenmore, Kirkland, Mercer Island, Renton, Sammamish, Snoqualmie and Woodinville.



MyParksandRecreation.com
A Service of eCityGov.net



Highlands Neighborhood Center

800 Edmonds Avenue NE

Closed September 6, November 11, November 18 - 28, December 23 & 24.
Subject to change without notice.

Operating Hours

Monday - Friday	3:00 p.m. - 9:00 p.m.
Saturday	11:00 a.m. - 5:00 p.m.

Club Highlands

Ages 6 & up. Membership to Club Highlands is free. The membership provides staff with contact information, allows members access to free drop-in activities, and helps promote ownership in the neighborhood center. Ask staff for a registration form. Club Highlands members are invited to join the following activities:

Monday	Movie Night	starts at 3:30pm
Tuesday	Art Club	4:00 - 5:00pm
Wednesday	Staff Game Challenge!	4:00 - 6:00pm
Thursday	Gym Time	4:00 - 5:00pm
Friday	Kids' Night	6:00 - 7:00pm
Friday	Late Night (Grades 6 to 12 only)	7:00 - 11:00pm



North Highlands Neighborhood Center

3000 NE 16th

Closed September 6, October 25 - 29, November 11, 25 & 26,
December 23 & 24.

Operating Hours

Monday - Friday	2:30 p.m. - 7:00 p.m.
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Club North Highlands

Ages 6 & up. Membership to Club North Highlands is free. The membership provides staff with contact information, allows members access to free drop-in activities, and helps promote ownership in the neighborhood center. Ask staff for a registration form. Club North Highlands members are invited to join the following activities:

Monday	Soccer Time	4:00 - 5:00pm
Tuesday	Tournament Time	4:00 - 5:00pm
Wednesday	Art Time	4:00 - 5:00pm
Thursday	Gym Games	4:00 - 5:00pm
Friday	Teen Time Basketball	5:00 - 6:45pm

For more information, call 425-430-6700 or visit rentonwa.gov.

Community News

Do you dabble in the arts or a professional artist living in Renton?

The Renton Municipal Arts Commission is currently developing a registry for local visual artists, performing artists, craft persons, and arts and cultural organizations. Whether you create art as a livelihood or as a hobby, visit ArtsCommission.rentonwa.gov today to complete the arts and culture registry to be notified of periodic calls for artists, cultural networking events, or public art opportunities. For more information, contact 425-430-6589 or arts@rentonwa.gov.

Downtown Storefront Scarecrows

Throughout the month of October

Stroll Downtown Renton and enjoy festive fall decorations and scarecrows in business storefronts from October 1 to 31.

9th Annual Harvest Festival and Business Expo

Saturday, October 9, 10:00 a.m. - 4:00 p.m.

Enjoy music, food and arts and craft vendors in the Piazza (S. 3rd Street and Burnett Ave South). Enter the scarecrow decorating contest, ask the Master Gardeners your gardening questions or decorate pumpkins at the kids' table, courtesy of Piazza Renton. While at the Festival, check out the Renton Chamber of Commerce Business Expo in the Spirit of Washington Event Center where 90 Renton businesses will be on hand to showcase their products and services. No admission fee for either event. For more information about the Fall Festival, visit PiazzaRenton.com or call Linda at 206-772-4010. For more information about the Business Expo, visit gorenton.com or call Kellie Jordan at 425-226-4560.

Downtown Trick or Treat and "Olde" Fashion Halloween Party

Saturday, October 30, 1:00 - 4:00 p.m.

Bring your little ones for this safe Halloween activity in Downtown Renton. Trick or treat in participating businesses and visit the Main Street Square (entrance on 200 block of Main Ave S) for free games, snacks and other family activities. For more information, contact 425-255-6078 or happydelusions@yahoo.com. Sponsored by Downtown businesses.

Renton FilmFrenzy III

The Renton Community Marketing Campaign proudly presents the Renton FilmFrenzy III, a 50 hour film making competition. Filmmakers have between Friday, October 8 at 5:00 p.m. and Sunday, October 10 at 7:00 p.m. to write, shoot, edit and turn in a film. Films can be up to four minutes in length and must be shot completely in Renton. Filmmakers will also be given other "CurveBall" challenges at the beginning of the competition, which may include incorporating a line of dialogue, a task in Renton and/or a specific location in Renton. Top films receive "Curvee" awards and cash prizes during the Curvee Awards Gala on October 26 at 7 pm at Renton IKEA Performing Arts Center. All films will be screened during the Downtown Renton FilmWalk October 27 to 29. For more information, and to view previous films, check out RentonFilmFrenzy.com.



Communities
In Schools

Renton

Helping Kids Succeed
www.cisrenton.org

Helping Kids Prepare for Life

Since 1994, the mission of Communities In Schools of Renton is to champion the connection of needed community resources with schools to help young people learn, stay in school, and prepare for life.

Family Liaison Program

Support youth and their families with access to basic needs and community resources. The program works very closely with school district support staff to identify children and families in need and offer assistance and support. The program is currently in need of basic school supplies, household items, personal care supplies, infant care items, and gift, grocery, and gas cards are always welcome. For more information call 425-430-6656 or sparo@rentonwa.gov.

Mentoring Program

Make a difference and be a mentor by providing a Renton School District student with encouragement, guidance, and friendship. A mentor serves as a role model and friend who supports and encourages success. Participants meet for one hour per week, on school grounds, during the course of the school day. For more information call 425-430-6659 or emiverson@rentonwa.gov.

What's New in Renton?

It's easy to find out with our free on-line subscription service!

- Step 1** Log on to rentonwa.gov
- Step 2** Click on the Email Alert Sign-Up icon
- Step 3** Sign up to receive free email updates of your choice.

News releases, neighborhood news, recreation programs, special events, transportation and construction updates, city budget information, volunteer opportunities, council meetings and more or look for the icon below in our brochure.



Special Events

Free

Soccer Challenge Friday, September 10

Ages 5 to 14. This soccer skills competition is held at Ron Regis Park. The program is open to boys and girls, ages 5 to 14. Competition includes ball throw in, distance kick, goal shooting and ball dribbling. Contestants will compete within their own age division (based on participant's age as of 12/31/10). The top finishers in each age and gender division will qualify for the state competition. Pre-registration is required. **Class # 47449.**

Ages 5 to 6	6:00pm
Ages 7 to 8	6:30pm
Ages 9 to 10	7:00pm
Ages 11 to 12	7:30pm
Ages 13 to 14	7:45pm

National Day of Service Saturday, September 11

In 2009 President Obama launched *United We Serve*, making September 11 a National Day of Service and Remembrance. The day's objective is to encourage all of us to volunteer and support charitable causes, perform good deeds or engage in other service activities in observance of the anniversary of 9/11 each year.

The City of Renton is supporting this cause by partnering with local agencies to provide service opportunities in the Renton area in which our community can participate.

If you are an organization or group who is planning a volunteer service project in Renton in observance of the 9/11 Day of Service and would like us to post your project on the community volunteer opportunities page of our website, please contact Bonnie Rerecich at 425-430-6600. Organizations are invited to register to participate in a volunteer celebration picnic. Please call for more information.



American Kennel Club Responsible Dog Owner Day Sunday, September 26 - 12:00-4:00 p.m. Held outside the Cedar River Dog Park

Activities include AKC Canine Good Citizen testing for \$10 per dog. Educational information on dog breeds, first aid, training, traveling with your pet and more! Representatives from Animal Critical Care and Emergency Services of Renton, Pima's Veterinary Technician School, Pet Pro of Renton, and local dog clubs and rescue groups will be available. Dog owners will also be able to purchase City of Renton dog licenses. *Come celebrate the first year anniversary of the Cedar River Dog Park!*

Co-sponsored by All Terrier Club of Western Washington, the Staffordshire Bull Terrier Club of Puget Sound, and RUFF. For more information, please contact Kris Stimpson at 425-430-6713, or kstimpson@rentonwa.gov.

Renton Shredathon Saturday, October 9 9:00 a.m.-12:00 p.m.

Join us in the Sam's Club Parking lot located at 901 S. Grady Way for a document shredding event. Residents are invited to bring up to five boxes containing paper documents to be destroyed by a truck-mounted shredder. Boxes should be 12 to 15 inches deep x 10 inches high or bring the amount of paper a box that size would hold. Donations of canned goods will be accepted for Renton Food Bank. **For details go to rentonwa.gov and search shredathon or call 425-430-7520.**



Co-sponsored by
City of Renton
Renton Police Department
Sam's Club
Iron Mountain



Fall Green and Clean Saturday, October 16 - 9:30-11:30 a.m.

Our "Green and Clean" Saturday park volunteer project at Gene Coulon Memorial Beach Park (located at 1201 Lake Washington Blvd. North) is a great way to dig in and help maintain the parks for everyone to enjoy.

We invite you to make it a family day. It is a great opportunity for children to learn to appreciate the parks they play in and instills a sense of accomplishment for their volunteer efforts.

We'll provide the tools, water, and a small snack to keep you energized. We ask you to get ready and roll up your sleeves, enjoy the changing autumn leaves, and help with park maintenance! An adult or guardian must accompany children under the age of 14. Children under the age of 18 who are not accompanied by an adult must sign a waiver. Call 425-430-6600 to register or for more information! Check-in begins at 9:00 a.m.

For more information, call 425-430-6700 or visit rentonwa.gov.

Special Events



Boo Carnival

Saturday, October 30

Ages 2 to 8. Children with parent/guardian, can join us from 10:00am to 12:00pm at the Renton Community Center for a spirited time. Crafts, games and inflatables will be on hand to amuse and delight young minds. Carnival pass for all activities is \$6.

Co-sponsored by



Renton Senior Activity Center

Holiday Craft Bazaar

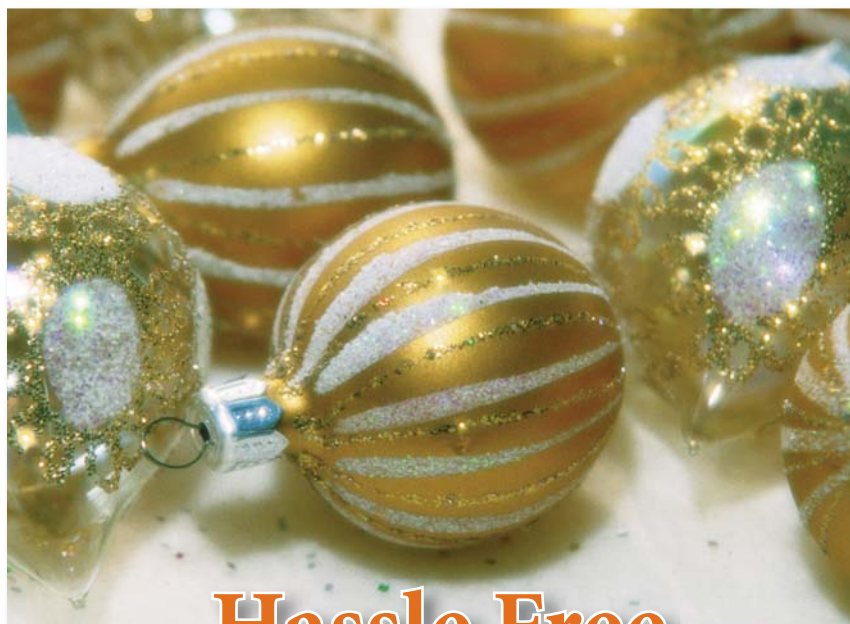
Saturday, November 6

Handmade crafts by Renton area adults 50 and over will be on sale from 10:00am to 4:00 p.m. Registration for tables begins September 1. Cost is \$10 for a six-foot table. **Call 425-430-6633 for information.**

Letters to Santa

The City of Renton Recreation Division has made arrangements with the North Pole to accept mail for delivery to Santa beginning Monday November 15 through Friday, December 10. Staff will forward the information to the North Pole Post Office and your child will receive a personalized letter from the big guy himself!

Children are encouraged to tell Santa about some of their favorite memories of the past year and the number one gift they are asking Santa for this year. Please make sure your letter has your child's name and address for safe and speedy delivery. Letters may be dropped off in person or mailed to: Renton Community Center C/O Letters to Santa 1715 SE Maple Valley Highway, Renton 98057. For helpful letter writing tips visit rentonw.gov.



Hassle Free Holiday Bazaar

**Friday, November 19 and
Saturday, November 20**

Shoppers, make Renton Community Center your first stop for those special holiday buys. Over 100 vendors will be on hand to present a wide variety of hand crafted items just in time for your holiday decorating. Friday, shop from 11:00 a.m. to 6:00 p.m. and Saturday, shop from 9:00 a.m. to 5:00 p.m. Food and refreshments will also be available. Call Jennifer Spencer or Shirley Anderson at 425-430-6700 for more information.

Register for recreation programs on-line at cybersignup.org or MyParksandRecreation.com.

Special Events

Clam Lights and Argosy Christmas Ship Friday, December 3



Co-sponsored by



Start your holiday season off with an evening of entertainment, holiday spirit, and stunning visual effects. Enjoy a covered wagon ride and a community sing-a-long. A fun event for young and old alike. This event draws thousands of spectators each year.

6:30 p.m. - Entertainment

7:15 p.m. - Official "Clam Lights" Lighting - Don't miss the 17th Annual Clam Lights event at Gene Coulon Memorial Beach Park. What started as a small lighting display has now expanded to an event that draws thousands of people each season with its wondrous array of lighting. The magic begins when the main switch is thrown to transform Gene Coulon Beach Memorial Beach Park into a winter wonderland. See Clam Lights nightly through January 1.

7:30 p.m. - "Parade of Boats" - Welcome the arrival of the Rainier Yacht Club's lighted boat parade. Each boat is decked out in the spirit of the season, and will surely be a thrill for all.

8:00-8:20 p.m. - Argosy Christmas Ship - Featuring entertainment by a local choir, the Christmas Ship's annual visit is sure to put you in the holiday spirit. For information, visit argosycruises.com.

Downtown Holiday Celebration and Tree lighting

Saturday, December 4, 3:00 - 7:00 p.m.

Enjoy roasted chestnuts and Dickens Carolers along S. 3rd Street between Burnett and Main Aves S. as you stroll the Downtown retail area from 3:00 to 5:00pm. Join others at the Piazza for the annual Tree lighting at 5 pm and enjoy music and refreshments. For more information about the downtown business sponsored events, call 425-255-6078 or happydelusions@yahoo.com. For more information about the tree lighting, contact 425-917-0173 or visit PiazzaRenton.com. Sponsored by Downtown businesses and Piazza Renton.

K9 Candy Cane 5K Fun Run & Walk Sunday, December 5

Competitive runners, fun runners, walkers, junior athletes, families with or without your dog are all welcome to take part in this fun event! The run/walk starts at 9:15 a.m., leaving the Renton Community Center and traveling along the Cedar River Trail before looping back to the Community Center. Registration information will be available September 27, 2010. Fees are: \$20 (no shirt), \$25.00 (with a shirt). Day of race registration is an additional \$10.00 for either choice. A portion of the fee supports the Cedar River Dog Park. Awards ceremony, raffle and a free picture with Santa following the race. Please note one picture per race registrant only. Bring a can of pet food to be donated to the Renton Food Bank to help the pets of those in need.

Kid's 1k A non-timed, non-competitive event intended for kids under the age of 12. The Kid's 1k begins promptly at 9:00 a.m. and parents are encouraged to run with their children but do not need to register themselves to do so. All 1k finishers receive a medal. All PRE-REGISTERED kids receive a free 100% cotton t-shirt. A limited supply of Kid's 1k shirts MAY be available on race morning for an extra \$10. So please make sure you pre-register your child for the 1k to ensure he or she gets a t-shirt.

For information and to register visit rentonk9run@runsnoqualmie.com.

For more information, call 425-430-6700 or visit rentonwa.gov.



Downtown Santa's House

December 10 to 18

Fridays 5:00 - 7:00 p.m.

Saturdays 1:00 - 4:00 p.m.

Bring your family to visit Santa and his helpers in the Piazza in downtown. The Downtown Events Committee hosts the Santa's House which includes a free downloadable picture of the visit. For more information, contact 425-255-6078 or happydelusions@yahoo.com. Sponsored by Downtown businesses.

Renton Youth Symphony Orchestra

Sunday, December 12

Enjoy Renton Youth Symphony Orchestra's Winter Concert at 3:00pm at Carco Theatre. This talented group of young people will perform unabridged classical compositions reminiscent of the season. Tickets: \$10 for adults and \$7 for student/seniors. Tickets available at the Renton Community Center or at the door.

Carco Theatre

Valley Community Players

425-226-5190

valleycommunityplayers.org or vcplayer@hotmail.com

Noises Off

A Farce by Michael Frayn
(September 24 - October 10, 2010)

Called the funniest farce ever written, *Noises Off* presents a manic menagerie as a cast of itinerant actors rehearse a flop called NOTHING'S ON. Doors slamming, backstage intrigue, and an errant herring all figure in the plot of this hilarious and classically comic play.

Social Security

A Comedy by Andrew Bergman
(November 19 - December 5, 2010)

This is a real, honest to goodness hit Broadway comedy, as in the Good Old Days. Written by one of Hollywood's top comedy screenwriters and directed by the great Mike Nichols, this hilarious comedy starred Marlo Thomas and Ron Silver as a married couple who are art dealers. Their domestic tranquility is shattered upon the arrival of the wife's goody goody nerd of a sister, her uptight CPA husband and her Archetypal Jewish Mother. They are there to try to save their college student daughter from the horrors of living only for sex. The comic sparks really begin to fly when the mother hits it off with the elderly minimalist artist who is the art dealer's best client!

See page 18 for
Acting Classes.



StoryBook Theater presents delightful musical fairytale adaptations performed by adult professional actors, especially for young audiences, ages 3-10. These hilarious, kid-friendly, 55-minute matinees will make the family laugh and sing out loud!

Little Red

Adaptation by Lani Brockman

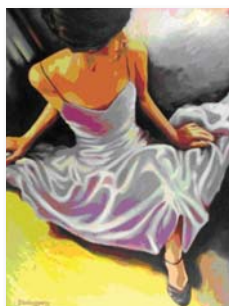
Music and Lyrics by Susan Bardsley

Can man (or little girl) and wolf be friends...even when they're starving? Join Little Red and any number of strangers as they each try to find Grandmother's house. Little Red is totally self-confident, and the wolf is a vegetarian in this non-frightening look at the real meaning of friendship. Tickets are \$9 per seat or \$7.50 per seat for groups of 10 or more.

Saturday, November 6	11:00 a.m.
Saturday, November 6	1:00 p.m.
Sunday, November 7	11:00 a.m.
Sunday, November 7	1:00 p.m.

Call 1-877- 827- 1100
or email: storybooktheater.org

Renton Municipal Arts Commission Fall Exhibit



"Wings" - Don Haggerty

August 30 through October 8

An artist with two first loves - brushwork and figurative painting. These he expresses through oil-on-canvas and his work can frequently be seen exhibited throughout the Puget Sound region. With all its subtleties of gesture, variations of expression, drapery, light, shadow and mood, Don describes figurative painting as the perfect context for inviting the magic that can happen when brush is put to canvas. Don's portfolio can be viewed at www.donhaggerty.com.



"Year Of The Tiger" - Darlene Dihel

October 11 through November 12

A retired teacher who is actively involved with SUMI-E, Japanese Ink Painting. Although she is a self-taught sumi artist, she thrives on finally receiving formal instruction from the area's master Sumi artists these past few years. The artist claims to have come "full circle" as she is a native to this area having grown up in Renton, graduating from Renton High School in 1953 and college at Central Washington (Ellensburg) in 1957. She is currently living in Gig Harbor. Email: Mddihel@aol.com

"Room Full of Sisters" - Shirley Rudolf

November 15 through December 17

Has been living her dream of painting watercolors for the last thirteen years and has recently taken up acrylics too for a change of pace. She has had multiple exhibits and juried shows across her native California and also Western Washington since the beginning of her painting career. Her subjects range from traditional flowers to stylized scenes of sisters enjoying each other's company. 'It is crucial for artists to be aware of their surroundings as beauty is everywhere, and it is the artist's responsibility to bring that beauty to the attention of others. Visual arts expand knowledge, compassion, and appreciation to all.' You can visit the artist's website at www.shirleyrudolf.com.



Rental Information

Carco Theatre is a 287-seat facility with many amenities and flexible hours, making it suitable for business meetings and seminars. Non-profit rates available. Carco Theatre is wheelchair accessible. Call 425-430-6706 or visit rentonwa.gov. See

"Thank you for working with our department to provide a venue that met our unique needs and challenges! Your staff's professionalism and customer service skills were exemplary!"

Register for recreation programs on-line at cybersignup.org or MyParksandRecreation.com.

Renton Community Center

Need a Meeting Space or Having a Party?

The Renton Community Center is located along the banks of the Cedar River and provides an ideal location for receptions and business meetings. Classrooms, large meeting rooms, and a banquet facility (with full kitchen) are available to accommodate a variety of needs from theater-style seating to banquet-style dining. Additionally, a double gym is available to provide seating for lectures or presentations. Our fully trained staff will see to all of your needs from start to finish. Visit rentonwa.gov for information.



See page 30 for rental rates.

Fitness Passes

Getting fit and staying fit is in! Whether you want to lose weight, tone muscle, have more energy or lower your cholesterol, the Renton Community Center is the place to start.

From basketball to volleyball, free weights to cardio equipment, aerobic classes to yoga classes, the Renton Community Center offers a friendly environment where you can feel at home, no matter what your current fitness level.

Our Fitness Pass includes weight room access and use of drop-in volleyball, basketball and badminton. We have top-of-the-line fitness equipment and also offer personal training options, as well as a variety of fitness and other wellness programs.

Passes are non-transferable, non-refundable. Participants may be required to show picture ID at any time. Passes and fees are listed below and include Washington State sales tax. *Childcare is not provided. Children may not be left unattended.*

	<u>Resident Rate</u>	<u>Non-Resident Rate</u>
One Month Pass		
Student/Senior	\$20.00	\$20.00
Adult	\$25.00	\$30.00
Couples Pass	\$40.00	\$50.00
Family Pass	\$60.00	\$80.00
Three Month Pass		
Student/Senior	\$50.00	\$50.00
Adult	\$62.00	\$75.00
Couples	\$100.00	\$125.00
Six Month Pass		
Student/Senior	\$90.00	\$90.00
Adult	\$112.00	\$135.00
Couples	\$180.00	\$225.00
Racquetball Pass - Eight (8) visits	\$48.00	\$48.00

For more information, call 425-430-6700 or visit rentonwa.gov.

Operating Hours

Effective September 7-December 31

Monday-Thursday 6:00am-10:00pm
Friday 6:00am-5:00pm
Saturday 8:00am-5:00pm

Closed

September 6
November 11
November 25 and 26
December 23, 24 and 25

425-430-6700

Day Use Fees

Resident Rate

Shower Pass (20 showers) \$20.00
Racquetball \$7.00/hour
Wallyball \$10.85/hour
Drop In Activity* \$3.00

Non-Resident Rate

Shower Pass (20 showers) \$20.00
Racquetball \$7.00/hour
Wallyball \$13.00/hour
Drop In Activity* \$3.00

Student/Senior Rate

Shower Pass (20 showers) \$20.00
Racquetball \$7.00/hour
Wallyball \$9.75/hour
Drop In Activity* \$2.00

***This fee includes the fitness room, badminton, basketball, pickleball and volleyball open gyms.**

"Thank you - I have only one daughter to marry off and your staff and facility made it great"

Places to Swim

Lindbergh Pool Swim Schedule

16740 128th Avenue SE - 425-204-4440 or rentonschools.us
Schedule effective August 30 through December 31

Time	Monday	Tuesday	Wednesday	Thursday	Friday	
6:00-8:00 a.m.	Lap Swim					
8:30-9:30 a.m.	Shallow Water Exercise	Deep Water Exercise	Shallow Water Exercise	Deep Water Exercise	Deep Water Exercise	
9:45-11:15 a.m.	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Private Lessons	
11:30 a.m.-1:00 p.m.	Open Swim (shallow end only)					
	Lap Swim					
1:00-2:00 p.m.	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Private Lessons	
2:15-3:45 p.m.	Lindbergh High School Swim Team					
3:45-5:15 p.m.	Kentridge High School Swim Team					
4:30-7:00 p.m.	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Private Lessons 4:30-6:00pm	
5:15-7:00 p.m.	Chinook Aquatic Club Practice					
6:00-7:00 p.m.		Deep Water Exercise		Deep Water Exercise	Open Swim (shallow end)	
7:00-8:00 p.m.	Open Swim (During all open swims children ages 5 and under must be supervised by an adult in the water at all times)					Open Swim 7:00-8:30pm
8:00-9:00 p.m.	Shallow Water Exercise	Adult Lessons	Shallow Water Exercise	Adult Lessons		
8:00-9:00 p.m.	Lap Swim					
<div><div>Saturday 10:00 a.m.-12:00 p.m. - Lap Swim 10:00-10:30 a.m. - Private Lessons 10:30 a.m.-12:00 p.m. - Group Lessons 12:00-2:00 p.m. - Open Swim 2:00-7:00 p.m. - Available for Rentals</div><div>Sunday 9:00-11:00 a.m. - Lap Swim 9:00-9:30 a.m. - Private Lessons 9:30-11:00 a.m. - Group Lessons 11:00 a.m.-1:00 p.m. - Open Swim</div></div>						
This pool is operated by the Renton School District. Call 425-204-4440.						

Hazen Pool Swim Schedule

1101 Hoquiam Avenue NE - 425-204-4230 or rentonschools.us
Schedule effective August 30 through December 30

Time	Monday	Tuesday	Wednesday	Thursday	Friday
12:00-1:00 p.m.	Lap Swim				
2:30-4:00 p.m.	Hazen High School Swim Team Practice			3:30-5:30 p.m. HHS or RHS Swim Meet	HHS Swim Team Practice
4:00-5:30 p.m.	Renton High School Swim Team Practice				RHS Swim Team Practice
5:30-7:00 p.m.	Swim Lessons				Issaquah Swim Team Practice
6:00-7:00 p.m.	Issaquah Swim Team Practice		Issaquah Swim Team Practice		7:00 p.m.-8:30 p.m. Open Swim
7:30-8:30 p.m.	Open Swim				
8:30-9:30 p.m.	Lap Swim				
<div><div>Saturday 7:30-11:30 a.m. - Issaquah Swim Team Practice 11:30-1:00 p.m. - RHS Swim Team Practice 1:00-6:00 p.m. - Available for Rentals</div><div>Sunday 1:00-6:00 p.m. - Available for Rentals</div></div> <p>This pool is operated by the Renton School District. Call 425-204-4230.</p>					

For more information, call Lindbergh Pool at 425-204-4440 or Hazen Pool at 425-204-4230.

Steppin' Together Dance

"Steppin' Together" Dance

"Steppin' Together" Dance offers professional instruction with a strong emphasis on technique, fitness, and fun, all in a nurturing and motivating environment. Each student receives individual attention, initiating the creative expression, joy and appreciation of dance and music.

- Students in Ballet and Dance Theatre classes must wear pink leather ballet shoes, black leotards and pink tights. No house slippers.
- Students in Jazz classes must wear black jazz shoes, black tights, and black leotards. No house slippers.
- Students in Hip-Hop classes must wear sneakers and comfortable clothing.
- Boys wear white t-shirts, black sweatpants or shorts, and black shoes.
- Dance classes are formatted as **limited viewing**. Parents will be able to watch students on the first and last day of class.

Registration Guidelines: Please refer to the class prerequisites when deciding on class placement. **Dance Line** - For dance specific questions (**not** related to registration or space availability) directed to the instructors, please call **425-430-6749** and leave a message.

Tap Fun for Everyone

Ages 5 to 8. Get your feet movin' as you explore the exciting rhythms of tap dance. Great for beginners and experienced students alike. This class will cover basic tap fundamentals and combinations that you can show off with your own flair! **No class November 20 and 27.**
#47623 S 10/2-12/18
11:30am-12:20pm McElligott \$65R/\$78NR

Hip Hop I

Ages 6 to 8. Great for beginners and dancers with some experience. Learn the fundamentals of hip hop and funky choreography set to the latest urban dance music. Students will take part in creating their own dance routines. **No class November 23.**
#47609 T 9/28-12/14
5:40-6:35pm Mittelstaedt \$74R/\$89NR

Hip Hop II

Ages 9 to 12. Great for beginners and dancers with some experience. Learn the fundamentals of hip hop and funky choreography set to the latest urban dance music. Students will take part in creating their own dance routines. **No class November 23.**
#47613 T 9/28-12/14
6:40-7:35pm Mittelstaedt \$74R/\$89NR

Upper Level Hip Hop

Ages 11 to 15. Traditional "old school" blends with fresh new hip hop styles. Students will be challenged to learn more detailed floor patterns and longer combinations. This class will feature individual suggestions for increasing performance skills. **No class November 23.**
#47612 T 10/5-12/14
7:45-8:45pm McElligott \$70R/\$84NR

Dance Theatre

Ages 3 to 4. This is a great introduction to a structured dance class. Learn basic steps of ballet and jazz while moving your body to the beat. This class has lots of room for imagination and is great for developing creativity and confidence.

No class November 11, 23 and 25.
#47624 T 9/28-12/14
10:00-10:40am Klingenberg \$66R/\$79NR
#47625 Th 9/30-12/16
10:50-11:30am Klingenberg \$60R/\$72NR
#47699 Th 9/30-12/16
2:50-3:30pm Klingenberg \$60R/\$72NR

Intro to Jazz

Ages 4 to 5. Excellent for beginning dancers. Students will build their concentration and coordination learning basic jazz steps in a positive environment. No previous dance experience required. **No class November 22.**
#47605 M 10/4-12/13
5:30-6:15pm McElligott \$61R/\$73NR

Jazz I/II

Ages 5 to 7. Great for beginners or continuing students. Learn basic jazz steps and across-the-floor movements and begin to develop a personal sense of artistic expression. **No class November 22.**
#47606 M 10/4-12/13
6:20-7:10pm McElligott \$68R/\$82NR

Intermediate Jazz

Ages 8 to 10. Traditional jazz blends with contemporary dance techniques. Students will be challenged to learn more detailed floor patterns and longer combinations. This class will feature individual suggestions for increasing performance skills. **No class November 22.**
#47607 M 10/4-12/13
7:20-8:15pm McElligott \$68R/\$82NR

Intro to Ballet

Ages 4 to 5. Excellent for beginning dancers. Students will learn basic ballet stretches while building their concentration in a positive environment. No previous dance experience required.

No class November 11, 23 and 25.
#47616 T 9/28-12/14
10:45-11:30am Klingenberg \$69R/\$83NR
#47614 Th 9/30-12/16
10:00-10:45am Klingenberg \$63R/\$76NR
#47698 Th 9/30-12/16
3:35-4:20pm Klingenberg \$63R/\$76NR

Ballet I

Ages 5 to 6. Prerequisite: Students with some dance experience. Great for beginners and experienced students as well. This class combines learning discipline with beginning techniques of classical ballet. We will also learn basic counting and musicality used in ballet class. **No class November 11, 20, 25 and 27.**
#47621 S 10/2-12/18
10:30-11:25am McElligott \$68R/\$82NR
#47617 Th 9/30-12/16
4:25-5:20pm Klingenberg \$68R/\$82NR

Ballet II

Ages 7 to 8. Prerequisite: Ballet I or instructor permission. This class is great for beginners and experienced students and covers basic ballet fundamentals and vocabulary. This is a great class to begin learning basic classical ballet combinations and explore ideas of musicality. **No class November 11 and 25.**
#47618 Th 9/30-12/16
5:25-6:20pm Klingenberg \$68R/\$82NR

Intermediate Ballet

Ages 8 to 10. Prerequisite: Ballet II or instructor permission. Grow as a dancer as you learn new steps. Students will learn more advanced ballet vocabulary, create a stronger classical ballet technique, and will receive tutoring in dancing as a member of an ensemble and developing personal expression. **No class November 11 and 25.**
#47619 Th 9/30-12/16
6:25-7:20pm Klingenberg \$68R/\$82NR

Upper Level Ballet

Ages 10 to 16. Prerequisite: Ballet III/IV (Intermediate) or instructor permission. Continue to enhance your skills as a dancer. This class will focus on advance steps and combinations while examining composition. Students will receive individual attention in order to create strong classical ballet technique. Individual expression and musicality are emphasized. **No class November 11 and 25.**
#47620 Th 9/30-12/16
7:25-8:25pm Klingenberg \$70R/\$84NR

Preschool Programs



Programs taught by Studio 3 Music.

Kindermusik Demo Day Wednesday, September 15

Animals a Dancing and Carnival of Music

17 months to 3-1/2 with caregiver
9:30am

Jumping Beans and Join the Parade

3-1/2 to 5
10:30am

(Child attends alone with families
returning the last 10 minutes of class)

Dream Pillow

Newborn to 18 months with caregiver
11:30am

ABC, Music and Me - Animals a Dancing and Carnival Music

Ages 18 months to 3-1/2 years with caregiver. In Animals a Dancing, it's all about hopping, rolling, stomping and dancing, of course! We'll move like all of our animal friends and develop muscle coordination and spatial awareness along the way. Carnival of Music features a story about Barley Bear and his day-long quest to find a piece of shoo-fly pie at the fair. We'll focus on activities to help your child feel comfortable in group-play and group-learning situations. Home materials include 2 CDs, family activity guides and instrument. Materials fee of \$40 paid to instructor. **No class November 24.**

#47647 W 9/22-12/15
9:30-10:15am \$132R/\$158NR

ABC, Music and Me - Jumping Beans & Join the Parade

Ages 3 to 5 years. In Jumping Beans, your child's memory and sequence skills will strengthen with stop and go activities, all set to the music of Latin America. During Join the Parade, we'll listen to marching music, play pretend parades, and help your preschooler develop rhythm and coordination skills. Home materials include two CDs, two family activity guides and an instrument. Materials fee of \$40 paid to instructor. **No class November 24.**

#47648 W 9/22-12/15
10:30-11:15am \$132R/\$158NR

Village-Dream Pillow

Ages 1 to 18 months with parent/guardian. We'll show you how to combine movement and sounds during the active part of your child's day to help him develop physical, social, cognitive and emotional skills as well. We'll also spend time in the quieter daily rituals, so your baby can learn to associate music with the feeling of being safe and secure in the world. Home materials include a CD, board book, art banners and an instrument. Materials fee of \$40 paid to instructor. **No class November 24.**

#47649 W 9/22-12/15
11:30am-12:15pm \$132R/\$158NR



Wee Sing and Play

Ages 2 to 4. Ms. Sharon will teach you and your child fun action songs while playing with the parachute and more! The children will then run, jump, ride and explore the indoor playground toys. **No class October 11 and November 22. Held at Highlands Neighborhood Center.**

#47440 M 9/13-10/25
#47441 M 11/1-12/13
10:10-11:10am Sharp \$36R/\$44NR

New

Musical Tots

Join this fun innovative music and movement class for toddlers and the adults who love them. We will sing, dance with ribbons and scarves, explore playing musical instruments and play with the parachute. Ms. Sherrill is a former preschool teacher.

Held at North Highlands Neighborhood Center. No class October 27.

Ages 18 months to 3 years

#47749 W 10/6-11/17
9:30-10:15am Parish \$42R/\$50NR

Ages 3 to 4

#47750 W 10/6-11/17
10:30-11:15am Parish \$42R/\$50NR

Dance Theatre

Ages 3 to 4. This is a great introduction to a structured dance class. Learn basic steps of ballet and jazz while moving your body to the beat. This class has lots of room for imagination and is great for developing creativity and confidence.

No class November 11, 23 and 25.

#47624 T 9/21-12/14
10:00-10:40am Klingenberg \$72R/\$86NR
#47625 Th 9/23-12/16
10:50-11:30am Klingenberg \$66R/\$79NR
#47699 Th 9/23-12/16
2:50-3:30pm Klingenberg \$66R/\$79NR



Preschool Programs

Let's Go

Ages 3 to 5. Enjoy trips just for preschoolers and their favorite adult. Adults can sit back and leave the driving to us. Space is limited, so please one adult per family. Have fun on one trip or all four trips. **Meet at North Highlands Neighborhood Center.**

Ferrel-McWhiter Park Farm

This working farm is home to ponies, goats, sheep, rabbits and some seasonal animals. You will get to meet and feed some of them. Bring money for our stop for lunch on an agreed upon location.

#47761/Child	F	9/24
#47760/Adult	F	9/24
9:30am-2:30pm	Staff	\$9R/\$11NR

Spooner Farms

We will have a guided tour on a tractor pulled tram, greet the animals and find that perfect pumpkin in the pumpkin patch. Then you can choose to explore the five acre corn maze or the mini-maze and have fun in the activity barn. Bring a lunch.

#47762/Child	F	10/15
#47763/Adult	F	10/15
9:30am-2:30pm	Staff	\$9R/\$11NR

Children's Museum of Tacoma

Your child's imagination can go wild! There's so many exhibits to enjoy. Some exhibits are "Design, Build, Play!", the Learning Lounge, Smart Moves with Food and Fitness, the "New Digs" and many more. Bring money for lunch.

#47764/Child	F	11/19
#47765/Adult	F	11/19
9:30am-2:30pm	Staff	\$9R/\$11NR

Seattle Aquarium

We will spend the day inside learning about sea life! There are tide pools with "touch zones", view the fish from the underwater dome, check out the otters and harbor seals and so much more. Bring a lunch or money and you can eat at the cafe.

#47766/Child	F	12/10
#47767/Adult	F	12/10
9:30am-2:30pm	Staff	\$16R/\$20NR

My Own Masterpiece ^{New}

Ages 3 to 5. Perfect class for the beginning artist! Painting, cutting, glueing, and more are in store for your little artist. Projects may be seasonal or just for the fun of creating it! Dress for a mess and get ready to bring your artistic dreams alive! Supply fee of \$5 paid to instructor first day of class.

#47599	W	9/22-10/27
#47600	W	11/10-12/15
10:45-11:30am	Ramirez	\$39R/\$47NR

Creation Station ^{New}

Ages 2 to 4. Get crafty and creative with your little one. We will create keepsake crafts and artwork that both you and your child will enjoy making. This class is parent participation and all children must be accompanied by an adult the entire class. Some craft projects will include plaster of paris and spin art so be sure to dress for a mess. Supply fee of \$10 paid to instructor the first day of class.

#47596	T	9/14-10/5
#47597	T	10/19-11/9
#47598	T	11/23-12/14
10:00-11:00am	Affleck	\$30R/\$36NR

Messy Makers

Ages 2 to 5 (with adult). Tiny fingers will have fun exploring paint, glue, glitter, feathers and more with Ms. Sharon! You and your favorite adult should dress for a mess. Supply fee of \$20 paid to instructor. **Held at Highlands Neighborhood Center. No class October 11 and November 22.**

#47428	M	9/13-10/25
#47429	M	11/1-12/13
11:30am-12:00pm	Sharp	\$18R/\$22NR

Pee Wee Picassos

Ages 2 to 3. Perfect art class for young artists and their favorite adult. Paint, markers, crayons, glitter, glue and everything else that makes a perfect project will be explored in this class. Themed arts and crafts such as season, holidays and more will be made during class time. Dress for a mess. Parents or caregivers are required to stay and take part in the fun. Miss Tina is waiting to create a masterpiece with you and your child. Supply fee of \$8 paid to instructor.

#47603	T	9/23-10/28
9:45-10:30am	Ramirez	\$39R/\$47NR

Note to Parents and Guardians:

- Parents/guardians should accompany children to and from class.
- Please be prompt for pick-up as children get anxious.
- Some classes are designed as a Parent & Me program, others are not. To help eliminate interruptions, parents and non-registered children are asked to refrain from entering the teaching area during class.
- Many of our instructors will ask for parent helpers to assist in the classroom. Please check with your instructor the first day of class.

Alphabet Adventures

Ages 3 to 5. An adventure awaits you as we zip through the alphabet. Through stories and crafts we will move learn a couple of letters a week. Each class will recap what we have learned and each new session picks up where we left off. Supply fee of \$6 paid to instructor.

#47601	W	9/22-10/27
#47602	W	11/10-12/15
9:30-10:30am	Ramirez	\$45R/\$54NR

It's a Holiday Party ^{New}

Ages 5 to 9. Just in time for decorating! Enjoy making awesome ornaments, cookie decorating, holiday music and hot chocolate. This holiday hoopla will get you in the spirit to jingle all the way.

#47747	S	12/4
10:00am-12:00pm	Smith	\$20R/\$24NR

Terrific Tots Playground

Ages 10 months to 3 years. Kids will delight in the opportunity to run, jump, climb and explore at indoor playground. Parents provide the supervision while kids create the fun with oodles of toys and space. Don't let the weather keep you cooped up. Register now to play, play, play. Please sign in before each class and don't forget to pick up your Terrific Tot Playground rules at the reception desk. Parents and caregivers remain with children at all times. **No class November 23.**

#47652	T	9/21-12/14
9:30-11:00am	Staff	\$26R/\$31NR
#47653	Th	9/23-11/4
9:30-11:00am	Staff	\$14R/\$17NR

"I would like thank the City of Renton for offering preschool classes. They are fun and educational and my 3-year old son learned how to interact with other kids."

Youth Programs

Beginning Drawing

Ages 6 to 10. This class is designed for those who will like some more practice. We will be working with line drawing, shading and color blending as we "play" with charcoal, color pencil and pastels. We will drawing from real objects and photographs. No experience needed. All materials provided.
#47716 S 9/11-10/9
10:00-11:15am Pyren \$74R/\$89NR

Intermediate Drawing

Ages 8 to 14. In this class, we will work on two to three in-depth projects focusing on shading, contrast, detail and composition. Students will be working from still-life objects and from gridded photos. All materials provided.
#47717 S 9/11-10/9
12:00-1:30pm Pyren \$76R/\$91NR

Fall Collage and Mixed Media

Ages 7 to 12. We will be mixing it up with both drawing and painting as we combine media. Come get inspired by autumn colors! We will be doing collages of our drawings and paint on top of ink and pastel. Bring an apron or smock. All materials provided.
#47718 S 10/16-11/6
12:30-2:00pm Pyren \$68R/\$82NR

Halloween Self-Portraits

Ages 5 to 10. Come in your Halloween costume. We will draw self-portraits of ourselves in costume, using oil pastel. No experience necessary. All art materials provided. These self-portraits are a great way to remember this Halloween!
#47719 S 10/30
3:00-4:30pm Pyren \$12R/\$14NR

Harvest Still-lives Intensive Workshop

Ages 7 to 11. There's no school today! Come join us for a morning of art-intensive fun! We will be working on still-lives of fall harvest vegetables, pumpkins and gourds. Students will get practice with line drawing, shading, and blending while working with pencil, charcoal and oil pastel. Dress for a mess. All art materials provided.
#47720 F 10/8
9:00-11:00am Pyren \$16R/\$19NR

Hipster Craft Camp

Ages 8 to 11. This isn't your ordinary craft camp. This creative camp will explore several crafting techniques used in many handmade art markets. We will start with screen printing where each student will learn the basics of screen printing and will be able to print his/her own book bag using graphics created by the instructor. Next we will explore different techniques to create refrigerator magnets. Resin, modge podge and button making techniques will be explored. We will finish the camp making shrink plastic jewelry. Rings and charms will be our focus. Supply fee of \$25 paid to instructor.

#47651 M-W 12/20-12/22
9:30am-12:30pm Affleck \$75R/\$90NR

Art and Design Workshop

Ages 6 to 10. Design your own greeting cards and stationery, look into and paint kaleidoscope designs, and draw fruity patterns. Students will work with watercolor, pastel and acrylic paint. Bring a smock or apron, lunch, snack and water bottle. All art materials provided. **Held at North Highlands Neighborhood Center.**
#47754 F 11/12
9:00am-4:00pm Pyren \$46R/\$55NR

Winter Art Camp

Ages 7 to 12. Join us for four days of Artsy winter inspiration! We will draw, paint and do some crafts including black and white tree paintings, beaded snowflakes, snowy scene landscapes, and a field trip to Seattle Art Museum's "Picasso" exhibit. Please bring a smock or apron, lunch, snack and water bottle. All art materials provided. **Held at North Highlands Neighborhood Center.**
#47740 M-Th 12/27-12/30
9:00am-4:00pm Pyren \$182R/\$182NR

Beginning Screen Printing

Ages 9 to 12. This class is designed to experience the basics of screen printing. Each student will print their own book bag using art provided by local graphic designer Kelly Affleck and learn the basic skills and process of screen printing. Students can bring their own t-shirt, if time allows they can screen print as well. Supply fee of \$10 paid to instructor.
#47752 S 9/18
10:00am-12:00pm Affleck \$30R/\$36NR

Renton Youth

Symphony Orchestra

Ages 12 to 21. RYSO offers an opportunity for students to participate in an organized music program. The mission of the Renton Youth Symphony Orchestra is to provide a challenging musical experience for the youth of South King County. A prerequisite to becoming a member is participation in a school music group. Often these young people go on to further musical studies and performing groups, with hopes that they will be involved in music throughout their lives. Alexei Girsh is the RYSO Music Director. If accepted to RYSO, tuition per quarter is \$84 for Renton residents, and \$100 for non-residents. Auditions and first rehearsal is September 13. Rehearsals are held Mondays from 6:30pm to 9:00pm. Register for class #47591.

Beginning Guitar

Ages 12 & up. Designed for the beginner with no music background, this class teaches the fundamentals of music through playing the guitar. Learn the basics of how to play or get a great headstart on private lessons. Students need to bring their own guitar. Acoustic or electric welcome.
#47741 Th 9/16-11/4
6:00-6:50pm Dace \$90R/\$108NR

Guitar II

Ages 12 & up. Want to move on from the beginner level? Need help getting out of a playing rut? Want to have fun? In this class, the founder of Dace's Rock 'n' More Music Academy will teach you how to take and build upon the basic knowledge you have about playing the guitar and use it to your advantage whether you're preparing to play in a band, make a solo project or just play for fun.
#47742 Th 9/16-11/4
7:00-7:50pm Dace \$90R/\$108NR

It's a Holiday Party

Ages 5 to 9. Just in time for decorating! Enjoy making awesome ornaments, cookie decorating, holiday music and hot chocolate. This holiday hoopla will get you in the spirit to jingle all the way.
#47747 S 12/4
10:00am-12:00pm Smith \$20R/\$24NR

Youth Programs

Learn to Skate at Castle Ice!

Fee includes skate rental and practice during public session immediately following class. **No class November 27. Call 425-254-8750 for placement information.**

Tot, Basic 1-8 Ages 3 to 5

#47704 T 9/7-10/19
6:00-6:30pm Oda \$110R/\$110NR
#47725 T 10/26-12/14
6:00-6:30pm Oda \$110R/\$110NR

Tot, Basic 1-3 Ages 3 to 5

#47703 S 9/11-10/23
12:45-1:15pm Oda \$110R/\$110NR
#47705 S 10/30-12/18
6:00-6:30pm Oda \$110R/\$110NR

Basic Adult 1-3 Ages 10 & up

#47706 S 9/7-10/19
6:00-6:30pm Oda \$115R/\$110NR
#47707 S 9/11-10/23
12:45-1:45pm Oda \$115R/\$110NR

Basic 4-8 Ages 10 & up

#47709 S 9/11-10/23
1:15-1:45pm Oda \$110R/\$110NR
#47710 T 10/30-12/15
1:15-1:45pm Oda \$110R/\$115NR

Adult Edge Ages 16 & up

#47708 S 9/11-10/23
1:15-1:45pm Oda \$110R/\$110NR
#47726 S 10/30-12/18
1:15-1:45pm Oda \$110R/\$115NR

Freestyle 1-3 Ages 3 & up

#47711 T 9/7-10/19
6:00-6:30pm Oda \$110R/\$110NR
#47712 S 9/11-10/23
1:15-1:45pm Oda \$110R/\$110NR

Hockey Ages 3 & up

#47727 T 9/7-10/19
6:00-6:30pm Oda \$110R/\$110NR
#47728 T 10/26-12/14
6:00-6:30pm Oda \$110R/\$110NR

Bullwinkles **New** Family Fun Center Trip

Ages 11 to 15. No School Day! Don't hang out at home, join your friends at Bullwinkles Family Fun Center! You will get the ultimate group package of 3 unlimited hours of go karts, bumper boats, laser tag and other activities! After the trip we will play some dodgeball and watch a movie. Bring a lunch and a snack. Sign up early, space is limited! **Meet at North Highlands Neighborhood Center.**
#47758 F 10/8
8:00am-5:00pm Staff \$26R/\$31NR

Pacific Science Center **New** Trip

Ages 11 to 15. No School Day! Don't miss this chance to see the new exhibit - "Mindbender Mansion"! It's a quirky place full of puzzles, brainteasers, and interactive challenges. We will also see the latest Imax movie! You can bring money for lunch and snacks. Sign up early, space is limited! **Meet at North Highlands Neighborhood Center.**
#47759 F 11/12
8:00am-5:00pm Staff \$20R/\$24NR

New

Youth Dodgeball League

Ages 10 to 16. Dodgeball is back! It's a great way to stay in shape and hang out with your friends. Get your team together or sign up as an individual and we will put you on a team. You will play two-minute games each night with your six to ten person team (need six players to start a match). If you think two minutes is short, THINK AGAIN! The last day of the league will be the tournament to determine the overall champion. **Held at North Highlands Neighborhood Center No class October 25.**
#47753 M 10/4-11/15
6:00-7:00pm Staff \$5R/\$5NR

New

Shellfish Gathering Basics

Ages 12 and up. In this two-hour course learn how and when to safely harvest clams, oysters and Dungeness crab, as well as locations to public beaches where you may find them. You will be shown the proper care of your harvest and provided with a handy summary reminding you of what to do when you are ready to go. You will learn to use tide tables, oyster knives, crab pots and even take home a few favorite recipes that will help you enjoy your catch.
#47654 Th 9/30
6:30-8:30pm Urbaniak \$20R/\$24NR

Young Ladies and Gentlemen I

Ages 6 to 10. Children rarely beg for the opportunity to attend a class on manners, and yet it is the key to building positive friendships, and strong self-esteem. This fun workshop, taught by Final Touch Finishing School, teaches telephone etiquette, basic table manners, introductions, personal care, and posture. Each student receives a "goodie bag" to take home. Optional booklet (\$5) or audio tape/booklet set (\$10) of "10 Skills Every Child Should Possess," available for additional cost from instructor.
#47735 S 10/16
9:00am-12:00pm \$30R/\$36NR

Young Ladies and Gentlemen II

Ages 6 to 10. This course is a natural follow-up to Young Ladies and Gentlemen I. One of the first social settings that children encounter is being a guest. Learning how to be a gracious guest, guest of honor, or host, are skills they will use lifelong. Boys and girls learn about invitations, being a great guest and host, practice meeting and greeting others, polite conversation, giving and receiving gifts, basic table manners while neatly eating birthday cake, and how to create their own thank you notes. It is not necessary to have taken Young Ladies and Gentlemen I to enroll in this class. Cake will be served in this class.
#47737 S 10/16
1:00-4:00pm \$30R/\$36NR



Be Well and Have Fun **New**

Ages 8 to 14. Are you tired of eating the same, boring foods? If so, then come learn about nutrition and how to make quick and delicious snacks. Kayla will also show you that exercising is easy and fun for everyone! Supply fee of \$10 paid to instructor. **Held at North Highlands Neighborhood Center. No class October 26.**
#47751 T 10/5-11/16
5:30-6:45pm Sherwood \$30R/\$36NR

Youth Sports

Renton's Youth Sports Mission:

Youth Athletics is dedicated to:

- Providing enjoyable recreation programs for children regardless of their athletic ability;
- Encouraging children to have fun, learn new skills, and feel good about participating in youth sports;
- Developing self-esteem and good sportsmanship through meaningful and fair sports competition;
- Providing quality coaches, facilities, and clearly defined standards.

Renton Rookie Athletics

These sport specific classes are designed for the beginning athlete. Fun is our theme and each week we will teach a different skill encouraging each participant to learn the very basics. Our goal is to strengthen self-esteem by introducing kids to sports in a fun, safe, non-competitive environment where children can feel good about participating in youth sports. **Held at Highlands Neighborhood Center. No class November 11.**

Multi-Sport

Ages 3 to 5

#47465 Th 10/7-11/18
9:30-10:15am Staff \$30R/\$36NR

Multi-Sport

Ages 4 to 6

#47462 M 10/4-11/8
5:30-6:20pm Staff \$30R/\$36NR

Soccer

Ages 3 to 5

#47464 Th 10/7-11/18
10:25-11:10am Staff \$30R/\$36NR

Soccer

Ages 4 to 6

#47463 M 10/4-11/8
6:30-7:20pm Staff \$30R/\$36NR

Tae Kwon Do

Ages 6 and up. Join instructors Carla Abbott and Glenn Diola of New Generation Tae Kwon Do School. They will instruct students in the formal arts of Korean Martial Arts style including Hapkido and Hwrand Do. This is a program for the entire family. **No class November 11, 18 23 and 25. Held at Highlands Neighborhood Center.**

Beginning White Belts

#47436 T/Th 9/14-10/21
5:30-6:30pm \$52R/\$62NR
#47437 T/Th 10/26-12/16
5:30-6:30pm \$52R/\$62NR

Gold & Orange Belts

#47434 T/Th 9/14-10/21
6:30-7:30pm \$52R/\$62NR
#47438 T/Th 10/26-12/16
6:30-7:30pm \$52R/\$62NR

Green Belts & Above

#47435 T/Th 9/14-10/21
7:30-8:30pm \$52R/\$62NR
#47439 T/Th 11/2-12/16
7:30-8:30pm \$52R/\$62NR

"Friday Night Lights"

Flag Football Instructional League

Program emphasis is on fun, participation, and skill development. Players will be divided by grades. All skill levels are encouraged to play. Players meet once a week for six weeks and will receive basic instruction followed by scrimmage play. All participants will receive a t-shirt. This program held rain or shine. **Held at Ron Regis Park.**

Grades 2 and 3

#47446 F 9/17-10/22
5:15-6:30pm Staff \$48R/\$57NR

Grades 4 and 5

#47447 F 9/17-10/22
6:45-8:00pm Staff \$48R/\$57NR

Pre-Season Basketball Classes

Get ready to fine-tune your basketball skills. Designed for both boys and girls interested in learning the fundamentals of basketball in a structured, fun environment. All skill levels are encouraged to participate. City of Renton staff will lead and coordinate the program. Dribbling, shooting, passing, teamwork, and sportsmanship will be taught during this fun class that encourages children to feel good about participating in youth sports. Sign up early as space is limited. **No class November 11.**

Grades 1 and 2

#47442 T 10/5-11/9
5:30-6:30pm Staff \$30R/\$36NR
Highlands Neighborhood Center

Grades 3 and 4

#47443 T 10/5-11/9
6:40-7:40pm Staff \$30R/\$36NR
Highlands Neighborhood Center

Grades 5 to 6

#47444 Th 10/7-11/18
5:30-6:30pm Staff \$30R/\$36NR
Nelsen Middle School

Grades 7 to 9

#47445 Th 10/7-11/18
6:30-7:30pm Staff \$30R/\$36NR
Nelsen Middle School

1st to 10th Grade Boys & Girls Basketball League

League emphasis is on fun, participation, and skill development. Separate leagues for boys and girls based on grade. All skill levels are encouraged to participate. Each team will practice one to two times per week beginning the week of November 29 with games beginning in early January. Practice nights and locations will be determined by volunteer coaches. Game days will vary depending on league enrollment. **Fee is \$50 for residents and \$60 for non-residents. Space is limited.**

Registration begins September 7.

Help Wanted!

Coaches and Referees

Applications for youth basketball coaches and referees are available at the Renton Community Center. Applicants should be able to work with children and have a basic knowledge of the game. New and returning coaches must complete a certification program. For more information or an application, email deken@rentonwa.gov.

Thank you



Great Tasting Lunchmeat

for supporting Youth Athletics 2010.

Youth Sports

Fall Tennis Programs

We have teamed up with Aces Tennis to offer expanded tennis programs for everyone. Located at 401 Olympia Ave. NE in Renton, Aces Tennis is a local business providing professional services and supplies for a variety of tennis needs. Program includes lessons, camps, teams, tournaments, and special events. All registration will be taken through the City of Renton. **Rain out line 425-430-6719.**

Youth Lessons

Ages 5 to 7. These lessons are for beginners. In a short amount of time, kids can be out playing on the court. These beginning lessons provide the basic skills needed including etiquette, rules and score-keeping, along with basic fundamental instruction. Rain make-ups will be added to the end of the session. **Held at McKnight Middle School.**
#47476 S 9/11-10/2
9:00-10:00am Aces \$44R/\$53NR

Youth Lessons

Ages 7 to 12. These lessons are for beginners. In two short weeks, kids can be out playing on the court. These beginning lessons provide the basic skills needed including etiquette, rules and scorekeeping, along with basic fundamental instruction. Rain make-ups will be Friday Nights. **Held at McKnight Middle School.**
#47466 T/Th 9/14-9/23
#47467 T/Th 9/28-10/7
5:00-6:00pm Aces \$44R/\$53NR

**For more information on any of these programs, contact
Aces Tennis at 425.235.9495 or
visit acesennis.net.**



Junior Tennis Camps

Ages 7 to 14. This is a great opportunity for beginning and intermediate level players to improve their tennis skills, make new friends, and enjoy tennis in the fall! Camps include instruction, drills, and games. All this tennis fun is packed into three hours. Be sure to bring a snack and something to drink each day. Rain make-ups will be held the following Saturday. **Held at McKnight Middle School.**
#47470 S 9/11
#47471 S 9/18
#47472 S 9/25
#47473 S 10/2
#47474 S 10/9
10:00am-1:00pm Aces \$24R/\$29NR

Teen and Adult Beginner Lessons

Ages 13 & up. These lessons are designed for beginners. In just a short amount of time, players will be playing real tennis. The beginning class introduces the basic skills needed to learn the game of tennis. Etiquette, rules, scorekeeping, along with basic tennis fundamentals will be covered. Saturday rain make-ups will be made up at the end of the session, weeknight rain make-ups will be held on Fridays. **Held at McKnight Middle School.**
#47475 S 9/11-10/2
1:00-2:00pm \$44R/\$53NR
#47468 T/Th 9/14-9/23
6:00-7:00pm \$44R/\$53NR
#47469 T/Th 9/28-10/7
6:00-7:00pm \$44R/\$53NR

Free

Soccer Challenge Friday, September 10

Ages 5 to 14. This soccer skills competition is held at Ron Regis Park. This program is FREE and is open to boys and girls, ages 5 to 14. Competition includes ball throw in, distance kick, goal shooting and ball dribbling. Contestants will compete within their own age division (based on participant's age as of 12/31/10). The top finishers in each age and gender division will qualify for the State Competition. Pre-registration is required. **Class # 47449.**

Ages 5 to 6	6:00pm
Ages 7 to 8	6:30pm
Ages 9 to 10	7:00pm
Ages 11 to 12	7:30pm
Ages 13 to 14	7:45pm

City of Renton Gender Equity Statement

The City of Renton complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective July 26, 2009) that prohibits discrimination against any person on the basis of sex in the operation, conduct or administration of community athletics programs. Third parties who contract with or receive leases or permits from the City of Renton, for a community athletic program are also prohibited from discriminating on the basis of sex. (See <http://www.hum.wa.gov/documents/Brochures/PA091407B.pdf> for a list of prohibited discrimination in public accommodations under state law.) If you have questions or comments contact Andy O'Brien at the City of Renton, 1055 South Grady Way, Renton, WA, aobrien@rentonwa.gov or 425-430-6704.

Youth Athletic Associations

Soccer:

Cascade Soccer Club.....cascadesoccerclub.org or 425-269-7966
Highlands Soccer Club.....hsclub.org
GRJSA.....GRJSA.org or 206-372-8076

Football:

Renton Rangers.....rentonrangers.org or 206-853-3079
Benson Bruins.....bensonjrfootball.org or 425-228-3525

Baseball:

5-Star Athletics.....5starcommunity.org or 425-228-8414
Renton Little League.....rentonlittleleague.com
CVAC.....cvac.org
Newcastle.....newcastlebaseball.com

Teen and Adult Programs

Renton Youth Council

The Renton Youth Council (RYC) consists of teens that live in Renton or attend middle or high school in Renton. This diverse group strives to make a difference in our community by:

- Organizing activities
- Educating the public about youth issues
- Volunteering at community events to make Renton a positive and active place for youth and teens.

Audition Workshop **New** for Actors

Learn how to select appropriate material for an audition. Participants will work up to four monologues from different genres: dramatic contemporary, comedic contemporary, dramatic classical, and comedic classical. Participants are asked to prepare a one minute monologue of any style for the first class. The final class will be a recital, judged by local professional directors who will give feedback to the participants. **Held at Carco Theatre.**

#47594 S 9/25-10/30
12:30-2:00pm Orduna \$120R/\$144NR

Acting 101 for Adults **New**

An introduction of basic acting concepts and techniques. Monologue work, acting exercises and basic scene study will be done in this class. Class will culminate in a recital where participants will have an opportunity to showcase their work for family and friends. **No class November 16. Held at Carco Theatre.**

#47595 T 9/28-11/23
7:00-8:30pm Orduna \$120R/\$144NR

Fabulous Flowing **New** Watercolor

Ages 16 & up. Have you ever wondered how watercolor artists get those flowing effects and delicious colors? Does watercolor speak to you and you have always wanted to try it? In this five-week fun, energetic and exciting class you will be thrilled with how much you have learned. This class is perfect as a refresher or for serious beginners and intermediate painters. Call 425-430-6700 for supply list.

#47748 Th 9/30-10/28
6:00-9:00pm Long \$140R/\$168NR

Intro to Screen Printing Basics **New**

Ages 16 & up. Have you ever wished you could print your own t-shirts or make a custom onesie for that new baby? Here's your chance to learn screen printing basics, some tips and tricks and how to use the Yudu screen printing machine. Feel free to bring a t-shirt to print.

#47756 W 10/13
6:30-8:00pm Affleck \$30R/\$36NR

Beginning Acting **New** for Teens

Ages 12 to 19. Take your first step onto the stage! Learn the basic skills needed to become a successful actor, including proper use of voice, diction, basic improv skills, common theater terms, and presentation on stage. The class will also include working on a contemporary monologue, and will be presented at the end of the class. **Held at Carco Theatre.**

#47593 T/Th 9/14-11/4
4:00-5:00pm Harrison \$80R/\$96NR

Advanced Scene Study **New** for Teens

Ages 12 to 19. Add some more tools to your acting toolbox. Students will receive a two-person scene and will be paired up with another student in the class, as well as an individual monologue. Work will revolve around the breakdown of the language, intentions, and acting score of the individual scene. Emphasis will be given to the various interpretations possible in each scene and how to create action from static page. There will be a presentation of your work at the last class. **Held at Carco Theatre.**

#47592 T/Th 9/14-11/4
5:00-6:00pm Harrison \$100R/\$120NR

Renton Youth Symphony Orchestra

Ages 12 to 21. RYSO offers an opportunity for students to participate in an organized music program. The mission of the Renton Youth Symphony Orchestra is to provide a challenging musical experience for the youth of South King County. A prerequisite to becoming a member is participation in a school music group. Often these young people go on to further musical studies and performing groups, with hopes that they will be involved in music throughout their lives. Alexei Girsh is the RYSO Music Director. If accepted to RYSO, tuition per quarter is \$84 for Renton residents, and \$100 for non-residents. Auditions and first rehearsal is September 13. Rehearsals are held Mondays from 6:30pm to 9:30pm. Register for class #47591.

Fantasy Game Club

Ages 11 to 17. Back and better than ever! Thanks to Wizards of the Coast and Hasbro this program is free to all participants. Each week of this game club will be a continuing role-playing game within the Dungeons & Dragons setting. Imagination, creativity and a fun attitude are a must to make this club a success. Preregistration required. Sign-up today and start your adventure! **Held at Highlands Neighborhood Center. No class November 24.**

#47427 W 9/8-12/15
3:00-6:00pm Puthoff Free

Marauding Miniatures and Magic

Ages 10 to 17. Try this program that will introduce you to the world of miniature gaming. Thanks to Wizards of the Coast and Hasbro this program is free to all participants. Each week will be new games of miniature role-playing in one of the following fantasy settings: Dungeons & Dragons, Axis & Allies, Star Wars or Magic the Gathering. Imagination, creativity, and a fun attitude are a must to make this a success. Pre-registration is required. Sign up today and start gaming, miniature style! **Held at Highlands Neighborhood Center. No class November 22.**

#47433 M 9/13-12/13
3:00-6:00pm Puthoff Free

D&D All Day Long

Ages 11 to 18. Enjoy a role-playing event like no other! This program will start at 10:00 a.m. and the games will go for eight hours with a break for lunch (provided free to participants). To help the game get started, participants are required to attend a session of Fantasy Game Club the Wednesday before this event. Thanks to Wizards of the Coasts this program is free. **Held at North Highlands Neighborhood Center.**

#47430 S 9/25
#47431 S 10/23
#47432 S 11/3
10:00am-6:00pm Free



Adult Sports

Upcoming Adult Leagues

All games played at the Renton Community Center

	Class #	Registration Starts	Season Starts	Season Ends	Team Fee
Men's Fall Basketball: "Lower Rec" - Tuesday	#47169	8/4	9/28	12/7	\$500
Co-Ed Fall Volleyball: "Competitive" - Monday	#47160	8/4	9/20	11/29	\$300
"Competitive" Reverse 4's-Wednesday	#47162	8/4	9/22	12/1	\$300
"Upper Rec" - Monday	#47161	8/4	9/20	11/29	\$300
"Upper Rec" - Wednesday	#47163	8/4	9/22	12/1	\$300
"Lower Rec" - Wednesday	#47164	8/4	9/22	12/1	\$300
Men's Winter Basketball: "Lower Rec"- Tuesday	#47478	11/4	1/11	3/22	\$500
"Lower Rec"-Thursday	#47479	11/4	1/13	3/24	\$500
Co-Ed Winter Volleyball: "Competitive" - Monday	#47487	11/4	1/10	3/21	\$300
"Competitive" - Reverse 4's-Wednesday	#47484	11/4	1/12	3/16	\$300
"Upper Rec" - Monday	#47485	11/4	1/10	3/21	\$300
"Upper Rec" - Wednesday	#47483	11/4	1/12	3/16	\$300
"Lower Rec" - Wednesday	#47488	11/4	1/12	3/16	\$300

Men's Basketball

Three seasons of Men's Recreational Basketball are offered by the City of Renton Recreation Division. The Fall league runs from late September through late November. The Winter league runs from mid January through late March. The Spring league runs from early April through mid June. League provides certified officials for all games. Minimum age is 18 years, ex-college players must be at least 35 years of age to participate in the "Lower Recreational" league. All teams are guaranteed 8 games. All games played at the Renton Community Center. The top teams will advance to a league championship tournament. Tournament winners will receive awards. Space is limited. Payment is due in full at time of registration.

Co-Ed Volleyball

Three seasons of Adult Co-Ed Volleyball are offered by the City of Renton Recreation Division. The Winter league runs from mid January through mid March. The Spring league runs from early April through mid June and the Fall league runs from late September through late November. Each season has varying levels of competition with officials. Two men and two women must be on the court at all times in the 6's co-ed leagues. One man and one woman must be on the court at all times in the Reverse 4's league. All teams guaranteed 8 matches, with 3 games per match. Games are held at the Renton Community Center. The top teams from each division will advance to a league championship tournament. Tournament winners will receive awards. Space is limited. Payment is due in full at time of registration.



Resident Benefits

Teams who are made up of at least half City of Renton residents will be eligible for a 20% rebate on league fees. This rebate will be credited to the coaches RCC account after final roster review at the end of the season. Teams that meet the resident requirement are also invited to register one day prior to open team registration.

See page 21 for Adult Dodgeball League.

Fitness Classes

Zumba **New**

Ditch the workout, join the party! Zumba dance is a fusion of Latin, Bali, Hip Hop and International dance steps and rhythms that create a dynamic, exciting, addictive workout and it's easy to do! The FUN routines feature interval training that incorporates segments dedicated to toning and stretching, maximizing caloric output and fat burning. Burn up to 1,000 calories per hour. Zumba dance is a "feel great" workout that is good for both the mind and the body. No experience necessary. Drop-ins welcome \$10R/\$12NR. **No class November 11, 19, 25 and 26.**

#47731	M/W	9/8-10/27
6:30-7:30pm	ECZ	\$92R/\$110NR
#47733	T/Th	9/7-10/28
7:40-8:40pm	ECZ	\$98R/\$118NR
#47729	M/W/F	9/8-10/29
9:30-10:30am	ECZ	\$140R/\$168NR
#47732	M/W	11/1-12/22
6:30-7:30pm	ECZ	\$98R/\$118NR
#47734	T/Th	11/2-12/21
7:40-8:40pm	ECZ	\$80R/\$96NR
#47730	M/W/F	11/1-12/22
9:30-10:30am	ECZ	\$128R/\$154NR

Belly Dancing

Ages 14 & up. Build core strength, flexibility and confidence in a fun, supportive environment. In beginning belly dance, students will learn the basic movements, body isolations, floor patterns, veil and taksim. No previous dance experience necessary. The intermediate class is designed for those who have some experience in belly dance and would like to continue to grow and be challenged by this dance form. Wear comfortable, stretchy clothing. Hip scarves provided. Instructor Amira is in high demand throughout the Greater Seattle area for performances, has won national awards in Middle Eastern dance and is featured in the latest video series from the International Academy of Middle Eastern Dance.

Beginning

#47743	W	9/22-11/10
8:00-9:00pm	Amira	\$80R/\$96NR

Intermediate

#47744	W	9/22-11/10
7:00-8:00pm	Amira	\$80R/\$96NR

New

Beginning Level Alignment Yoga

This class is for those who are new to yoga or for those who want to maintain a solid foundation of all the basic poses. Gain and understanding of proper alignment that will give you the confidence to participate in this wonderful practice in a safe, healthy, and fun way. All ages welcome! Please bring a yoga mat.

#47770	S	9/25-10/30
9:15-10:15am	Anderson	\$68R/\$82NR
#47771	S	11/6-12/18
9:15-10:15am	Anderson	\$68R/\$82NR

Beginning Hatha Yoga

If you have wanted to learn basic hatha yoga, this is the class! Learn the basic poses, breathing and easy meditating. Reduce stress, increase flexibility, range of motion and strength. Please bring to class: two yoga blocks, yoga mat, beach towel and water bottle. No drop-ins. **Held at Renton Senior Activity Center. No class November 24.**

#47631	W	9/29-12/15
5:00-6:15pm	Ford	\$134R/\$161NR

Intermediate Level and Hatha Flow Yoga

This class is designed for those who are familiar with hatha yoga postures and have at least a minimum of six months of consistent yoga practice and are ready to work hard! This energizing, powerful, yoga class will help increase strength, flexibility, range of motion and reduce stress. This class will help you find your "edge" and learn how to flow through the class with grace and flow through life with ease. Please bring: one yoga block, yoga mat, beach towel and water bottle. If you have any medical or physical conditions, please advise your doctor before registering. No drop-ins. **Held at Renton Senior Activity Center. No class November 24.**

#47632	W	9/29-12/15
6:30-7:45pm	Ford	\$123R/\$148NR

Tai Chi

Although it draws amazement when shown as a martial art, Tai Chi is more known and practiced for relaxation and calm, exercise (of course), and its multitude of health benefits. Often referred to as 'moving meditation' and 'Chinese Yoga', its action is based on coordination of mind and heart, energy and body, in the peace of one's spirit. Yet once the teacher helps you 'click', it reveals itself as the simplest and most natural of movements . . . making everything else easier to do. This course is on the first portion of the popular Yang Style Short Form. **Held at Renton Senior Activity Center.**

#47629	M	9/27-12/13
6:30-7:30pm	Jorgensen	\$74R/\$89NR

Continuing Tai Chi

Learn the remaining movements of the Yang-Style Tai Chi "Short Form" and further refine the basic principles. Completion of Tai Chi or instructor permission required. **Held at Renton Senior Activity Center.**

#47627	M	9/27-12/13
7:45-8:45pm	Jorgensen	\$74R/\$89NR

Cycle the Wave - Bike Ride for a Great Cause

Sunday, September 19

This all-women's non-competitive bicycle ride through Renton and adjacent cities bonds women together through fitness and the desire to make a difference in the community by supporting the Eastside Domestic Violence Program. The ride begins and ends at Tibbets Valley Park, Issaquah. Riders may choose a 25, 40 or 62 mile ride. All proceeds go to Eastside Domestic Violence Program. For details and to register, visit cyclethewave.com.



See page 9 for Fitness Room passes and rates.

Fitness Classes

Muscle Max

Certified Personal Trainers Bena Filbert and Linda Lindsley push your muscles to the MAX! In a 60-minute class, you will concentrate on the major muscle groups; toning and tightening take you beyond your normal routine for an entire body workout. Test your limits with exercises that use your own body weight, such as pull-ups and push-ups, as well as a variety of equipment including weights and balls. Drop-ins \$10R/\$12NR as space permits. #47643 M/W 9/13-10/13 5:20pm-6:20pm \$67R/\$80NR

Boot Camp

Back by popular demand! Looking for a change from your traditional fitness program? Start your commitment to improving your overall health with a dose of tough love, Boot Camp style! This six-week program, taught by Linda Lindsley and Bena Filbert, will challenge you to a whole new fitness level. Cardiovascular, muscular, strength, and all around core training are just a few drills waiting for you! Increase energy and build self-confidence. Enlist now. All fitness levels welcome. Drop-ins welcome as space allows. \$10R/\$12NR. #47644 M/W 10/18-11/24 5:20-6:20pm \$80R/\$96NR

Fitness Sampler

Check out a variety of classes, each with a different format! This sampler contains boot camp, power yoga, cross training, kick boxing and more. This is a great class if you are in a fitness rut! Enroll and spice up your aerobic activity while having fun. No drop-ins allowed. #47639 M/W 12/6-12/15 5:20-6:20pm Lindsley \$24R/\$29NR

New

Intro to Group Fitness

This is a potpourri of group exercise, perfect for anyone who hasn't taken a structured aerobic class or anyone looking to boost their current workout regimen. Instructor Tien Mai will introduce you to Yoga 101, Pilates, Kickboxing 101, Step Aerobics, and Strength Training 101. All levels welcome. Drop-ins welcome for \$7. #47768 M 9/13-10/25 7:40-8:40pm Mai \$34/\$41NR #47769 M 11/1-12/20 7:40-8:40pm Mai \$34/\$41NR

Cardio Cross Training

If you're looking for a full body workout, this class is it! Fitness expert Linda Lindsley brings you 60 minutes of moderate to high intensity cardio work involving a variety of steps, kickboxing, fitball drills, and weights. Drop-ins \$7 as space permits. **No class November 11 and 25.** #47640 T/Th 9/7-10/14 9:15-10:15am Lindsley \$74R/\$89NR #47641 T/Th 11/2-12/21 9:15-10:15am Lindsley \$61R/\$73NR

Step and Sculpt

Tone muscles and burn fat with certified group fitness instructor Debbie Conklin. Providing a positive and motivational environment, this class incorporates step, interval weight training, and core stability for an ultimate body workout. Exercise your way to a new you! All fitness levels welcome. Modification tips provided for beginner students. Drop-ins \$7 as space permits. **No class November 11, 16 and 25.** #47633 T/Th 9/7-10/14 5:30-6:30pm Conklin \$74R/\$89NR #47634 T/Th 11/2-12/21 5:30-6:30pm Conklin \$56R/\$67NR

Couch-to-5K Running Plan

For the beginner or first time runner looking to get out there and start movin'. This intro class will get the body moving by alternating between walking and running small distances, and slowly building up stamina. At six weeks, you're ready to run 5K's or 30 minutes non-stop. Class is a go rain or shine, so dress for the weather. No drop-ins allowed. #47645 T/Th 9/7-10/14 5:30-6:15pm Lindsley \$65R/\$78NR

Core Focus

Get on the ball! Working out on and off a fit-ball using weights and bands to alternate exercises will tone muscle groups and melt away inches more efficiently. Your core muscles are engaged during every exercise, helping maintain balance. Excellent class for all fitness levels. Drop-ins \$7 as space permits. **No class November 11, 16 and 25.** #47636 T/Th 9/7-10/14 6:35-7:30pm Conklin \$74/\$89NR #47637 T/Th 11/2-12/21 6:35-7:30pm Conklin \$56/\$67NR



**Take care of yourself first
and you'll take better care
of others!**

Tighten and Tone

T-N-T is back! Join Personal Trainer Bena Filbert in a 45-minute class that will tighten and tone your body from top to bottom. Using isolations, light weights, and a flo-ball, you will tighten and tone all of your major muscle groups. This is an excellent core workout and a great addition to any workout regimen. Fit ball may be purchased from instructor for \$7 on the first day of class. Drop-ins \$7 as space permits. **No class November 19 and 26.** #47738 W/F 9/8-10/29 9:15-10:00am Filbert \$74R/\$89NR #47739 W/F 11/3-12/22 9:15-10:00am Filbert \$61R/\$73NR

Senior Fitness Workout

Never exercised before? Only \$1 for those **50 and over** every Monday through Friday from 7:30-9:30 a.m. This is a drop-in program, not a structured class.

Drop-In Pickleball!

Meet new friends, get some exercise and have fun! Equipment provided. Wednesdays, September 15 through December 15 from 10:00 a.m. to 12:00 p.m. at the Renton Community Center. Fees are \$3 per person or \$2 for students and seniors.

Adult Dodgeball League

As a kid you played dodgeball, now as an adult you can have that fun again! It's a great way to stay in shape and hang out with your friends! You will play many two-minute games each night with your six to ten person team (need six players to start a match). If you think two-minutes is short, THINK AGAIN! The last day of the league will be the tournament to determine the overall champion. **Held at North Highlands Neighborhood Center. No class October 28 and November 11.** #47757 Th 10/7-11/18 6:00-7:00pm Staff \$60/team

**Fitness classes are designed for
participants 14 years of age and older.
Drop-ins welcome for designated classes.
See specific class for details.**

Outdoor Recreation

Float Test Required

Participants must successfully pass a float test before the first water session of a small craft class. The float test is valid for three years. You can take a float test at any swimming pool, while under the supervision of a lifeguard certified by the American Red Cross. You must stay afloat for 10 minutes without touching the bottom of the pool or the walls, while wearing long pants and a long-sleeved shirt. For the last minute, you must put on a life vest without touching the bottom or sides of the pool.

Renton Sailing

Founded in 1965, the Renton Sailing Club, a non-profit organization, promotes the sport of sailing through sailing classes, races, and recreational sailing at Gene Coulon Park at the south end of Lake Washington. Sailing classes begin in May and continue through the end of September. Recreational sailing, repairs and maintenance are conducted year round. For more information, please visit the Renton Sailing Club's website at rentonsailing.org.

Intro to Basic Sailing

Ages 9 and up. Patient and skilled staff will teach you to rig and sail a small sailboat, all within a confined area. No experience necessary. Float test available at local pools and is required prior to participation. Bring a towel and a sense of humor. **Held at Gene Coulon Memorial Beach Park Canoe Launch.** #46823 W 9/1-9/22 5:00-7:30pm Bagnell \$32R/\$38NR

Red Cross Certified - Small Boat Sailing

Ages 10 and up. You'll learn to rig and sail a small sailboat within a confined area. Basic requirements of the American Red Cross Small Boat Sailing certification covered. No experience necessary. Bring a towel and a sense of humor. Participants must purchase "Start Sailing Right" book prior to class. Float test available at local pools and is required prior to participation. **Held at Gene Coulon Memorial Beach Park Canoe Launch.** #46828 Th/F 9/2-9/24 5:00-7:30pm Bagnell \$96R/\$115NR

Free Vessel Inspections

The U.S. Coast Guard offers free inspections at Gene Coulon Memorial Beach Park boat launch on August 28, September 25, and October 23, from 9:00 a.m. to 2:00 p.m.

Gene Coulon Memorial Beach Park

Park Hours

January 1 - April 30	8:00 a.m. - 8:00 p.m.
May 1 - May 31	8:00 a.m. - 9:00 p.m.
June 1 - September 7	8:00 a.m. - 10:00 p.m.
September 8 - September 30	8:00 a.m. - 9:00 p.m.
October 1 - December 31	8:00 a.m. - 8:00 p.m.

Boat Launch Information & Fees

The boat launch is open 24 hours a day. Fees and schedule subject to change. Overnight boat moorage is not permitted. Day use expires at midnight on the day of purchase. 24-hour use expires midnight the following day.

Day Use

Renton resident.....	\$10.00
Non-resident.....	\$20.00

24-Hour Use

Renton resident.....	\$20.00
Non-resident.....	\$40.00

Passes: Residents must obtain and display a Renton Resident Pass when paying resident day use rates. Annual permits are also available. Fees are \$100 for non-residents and \$50 for City of Renton residents. Proof of Renton residency, and tow vehicle registration required. Passes and permits are available at the Renton Community Center.

Ivar's and Kidd Valley Restaurants

Ivar's Seafood Bar, a northwest tradition since 1938, offers the finest authentic Northwest seafood. Kidd Valley's menu includes hamburgers and great "fruit" milkshakes. Restaurant hours are 10:30 a.m. to the park's posted closing hours.

Renton Rowing

Renton Rowing is a community rowing organization developing and supporting rowing opportunities on South Lake Washington. We're dedicated to having fun. Our certified coaches teach you the art of sculling, including proper rowing techniques and how to handle a boat safely. Experienced rowers will brush up techniques and perfect sculling skills. Please visit the Renton Rowing Club's website at rentonrowing.org.



Outdoor Recreation

Henry Moses Aquatic Center Closes Labor Day

The summer swimming season is coming to a close. Don't miss out on the chance to enjoy the Henry Moses Aquatic Center. All the staff would like to thank the community for a successful seventh season! We encourage you to go to rentonwa.gov and complete the online survey. We look forward to next year!

"Just wanted to thank you for the excellent swimming program you facilitate during the summer months! Each of the four instructors were excellent. Last summer my daughter was terrified of the water, and this summer we couldn't get her out of the water!"



See page 10 for indoor aquatic options.

Cedar River Boathouse

The Cedar River Boathouse is located on the southern shore of Lake Washington on the Cedar River Trail at 1060 Nishiwaki Lane and offers canoe and kayak rentals and classes. Paddle to Gene Coulon Memorial Beach Park for lunch, travel up the gently flowing Cedar River, or explore the waters around the shoreline homes.

Call 425.430.0111 or visit www.canoe-kayak.com

Cedar River Salmon Journey

Follow the Salmon up the Cedar River

Come to the Cedar River this fall for a free family friendly program on spawning salmon! Volunteer naturalists will be stationed from 11:00 a.m. to 4:00 p.m. on October 16, 17, 23, 24, 30 and 31 at the Renton Library, Cedar River Park, Riverview Park, Cavanaugh Pond and Landsburg Park. Carpool if you can - these sites have limited parking. Visit www.cedarriver.org for a flyer with directions or call 206.245.0143 for more information. The Cedar River Salmon Journey is sponsored by Brown Bear Car Wash, City of Renton, Forum for Lake Washington/Cedar/Sammamish Watershed, King Conservation District, Friends of the Cedar River Watershed, Seattle Aquarium, Seattle Public Utilities, Wal-Mart Foundation and the U.S. Army Corps of Engineers.

Become a Cedar River Naturalist!

Sign up to be a volunteer naturalist with the Cedar River Salmon Journey, a free public outreach and education program that takes place on the Cedar River in October and November. You'll receive 20 hours of training from fish and watershed experts and then spend three weekend days along the river, talking with people about our salmon and water! It's a wonderful way to learn new things and inspire people to care about the watershed and its fish and wildlife.

For more information on the Cedar River Salmon Journey, call Charlotte Spang at 206.245.0143 or email her at naturalists@cedarriver.org. Information is also available on-line at www.cedarriver.org.



Outdoor Recreation

Hikes

Hikes are day-long (9:00am-5:00pm) and are led by Dave Perkins, Outdoor Recreation Coordinator. Transportation is provided from the Renton Community Center. Equipment is not provided. Distances are round-trip. Gear list available upon registration or at rentonwa.gov. For each hike, a minimum of five participants is required with a 12 participant maximum.

Trips and Trails Rating System

1=No previous experience required. These are great trips for the first-timers.

2=A bit more climbing is required as these trails feature more elevation gain. Routes may include forest trails, narrow roads, or moderate slope climbing. Participants must be able to walk the same distance as a hike on flat terrain without tiring.

3=Trail climbs considerably and may include unstable footing. Participants should have experience and proper fitness level for this activity.

4=Strong skills and proper fitness level recommended. Large elevation gains. If unsure of your ability, select a lower rated trip so instructor may rate your ability and fitness level.

Naches Peak Loop

Ages 18 & up. This trail winds around Naches Peak in Mount Rainier National Park. There are magnificent views of small ponds and Mount Rainier. Distance: 4.5 miles; Elevation gain: 860 feet; Rating: 2. #47721 S 10/9 9:00am-5:00pm Perkins \$20R/\$24NR

Sheep Lake

Ages 18 & up. Located at Chinook Pass on the Pacific Crest Trail, this hike offers great views of alpine meadows, old growth forests, and a beautiful lake. Outstanding views of Mount Rainier, St. Helens and Mount Adams can be seen. Distance: 6 miles; Elevation gain: 1200 feet; Rating: 2.5. #47722 Su 10/17 9:00am-5:00pm Perkins \$20R/\$24NR

Snow Lake

Ages 18 & up. Snow Lake is one of the most popular summer hikes in the state. In the fall, the leaves are turning and the crowds of people are gone. The views of Alpental Valley shouldn't be missed. Distance: 6 miles; Elevation gain: 1600 feet; Rating: 3. #47723 Su 10/24 9:00am-5:00pm Perkins \$20R/\$24NR

Wallace Falls

Ages 18 & up. Leading to spectacular Wallace Falls, this trail winds through a forest adorned with green moss, ferns and woodland flowers. Distance: 5-6 miles; Elevation gain: 1200 feet; Rating: 3. #47724 S 10/30 9:00am-5:00pm Perkins \$20R/\$24NR



See our Winter/Spring What's Happening... brochure for X-Country Skiing and Snowshoeing Trips

Free Programs from REI

All clinics are free and located at: REI Southcenter 240 Andover Park West Tukwila, WA 98188 For more information and to register, call 206-248-1938 or visit rei.com/tukwila.

Fall Hiking - Wednesday, September 15 - 7:00 p.m. - Fall can be the best time of year to hike in the Pacific NW. Find out about autumn hiking tips, great places to go, how to be safe and comfortable and the gear to get you there.

Backcountry Mistakes and How to Avoid Them - Wednesday, September 22 - 7:00 p.m. - No one ever intends to get lost or injured in the woods, but occasionally it happens. Join King County Search and Rescue for this special engagement and interactive presentation.

Introduction to Wilderness First Aid - Wednesday, October 13 at 7:00 p.m. - Learn how to be prepared for medical emergencies in the backcountry during this introductory clinic.

Adventure Travel Basics - Wednesday, October 20 - 7:00 p.m. - Planning to do some adventure travel? This class will help you prepare for a trip ranging from rafting the Grand Canyon to trekking in Nepal. Gear, safety, planning, and much more will be covered.

Navigation Basics - Wednesday, November 3 - 7:00 p.m. - Learn map and compass/GPS basics in this hands-on class. These are crucial skills to keep you safe in the wilderness.

Snowshoeing Basics - Wednesday, November 10 at 7:00 p.m. and Wednesday, December 1 at 7:00 p.m. - If you can hike you can snowshoe! Snowshoeing is a great way to experience the beauty of the Northwest during the winter months. Learn about the initial skills needed to help you on the trail, great places to go, and the gear that will make snowshoeing comfortable and fun.

Snowshoe Fest - Saturday, November 13 - 11:00 a.m. to 2:00 p.m. - This special in-store event will bring together tons of snowshoeing resources and activities for the novice to advanced snowshoer. Vendor reps, non-profit organizations related to winter safety and snowshoeing, 15% coupon, freebies, great prizes and much more!

Emergency Preparedness

GET READY in RENTON

Connecting You to What You Need in an Emergency!

Whether you want to know how to be personally prepared, where to get important information before, during, and after a disaster or how you can help your community during a disaster, the Renton Emergency Preparedness Academy can help. **The Renton Emergency Preparedness Academy (REPA)** is a creative partnership between the City of Renton, the American Red Cross, and Renton Technical College.

The goal of the academy is to help people be better prepared and equipped to face any type of emergency. A wide array of ever-changing courses is offered several times each year. Classes are conveniently offered on the campus of the Renton Technical College, as well as, at the Renton Community Center and other off-site locations. All of the classes provided are taught by qualified professionals and most are free of charge.

Don't miss an opportunity to learn how you and those you care about can be better prepared for an emergency. For more information or questions, contact the City of Renton – Office of Emergency Management at 425-430-7000 or the American Red Cross at 206-709-4528.

What is CERT?

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for emergencies and hazards that can impact their community and trains them in basic disaster response skills. Once you complete the training, a CERT member has the skills to assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

What is the training like?

CERT training includes both classroom and "hands-on" training in the areas of home preparedness, fire suppression, first aid, search and rescue, hazard awareness and disaster psychology. At the end of CERT training, a disaster simulation is held to allow participants to practice their skills in a realistic setting. Once you complete CERT training, you are matched up with other CERT members in your neighborhood to form a CERT team.

Why do we need CERT?

On an ordinary day in Renton, there are 28 firefighters and 12 police officers on duty serving a community of over 80,000 people. If a disaster occurs, these professional responders will immediately be overwhelmed with requests for help. They simply will not be able to meet the needs of all Renton residents during the hours and perhaps days following a disaster. Residents will need to serve as their own "first responders" during this critical time when help will not be coming to your area. CERT training provides you with the skills you need to serve safely and effectively as part of a first response team in your own neighborhood. CERT teams save lives and protect property that otherwise would be lost following a disaster.

Sign up for a CERT class today or for additional information please contact Emergency Management Coordinator, Mindi Mattson, at 425-430-7041.

Community Emergency Response Team

Ages 18 & up. After a disaster people should be prepared to take care of their own needs for a period of time until help arrives. The Renton Fire & Emergency Services Department offers CERT to teach individuals how to prepare their homes and neighborhoods to respond to disasters. Topics covered include personal preparedness, first aid, fire suppression, search and rescue, terrorism and team organization. Instruction includes a combination of classroom and practical "hands-on" training. CERT graduates serve as their own "first responders" during the critical period after a disaster when existing resources are overwhelmed. **Held at Fire Station #14.**
 #47574 W 9/22-11/4
 6:00-9:00pm Mattson \$25/\$30
and on Saturday, 11/6 from 8:00am to 12:00pm.

**All classes held
at Renton Technical College
unless otherwise noted.**

Over 80% of successful rescues after a disaster are done by ordinary people, not professional responders.



For more information, call 425-430-7000 or visit rentonwa.gov

Emergency Preparedness

Amateur Radio Tech Licensing Class

Ages 18 & up. Amateur radio, often called ham radio, is both a hobby and a service in which participants, called "hams," use various types of radio equipment to communicate with other radio amateurs for recreation and public service. This course covers all of Element 2 of the FCC Amateur Radio Service materials. Participants will be fully prepared to take the Technician Class licensing exam which will be administered at the end of day two. After passing the exam, you will receive your amateur radio license by mail from the FCC. **A \$50 fee payable to instructor covers manual and license exam fee. Held at Fire Station #12.**
 #47575 S/Su 9/11 & 9/12
 9:00am-4:00pm Mattson

Amateur Radio General Licensing

Ages 18 & up. For amateur (ham) radio operators who already possess a Technician Class license from the FCC, this course covers all of Element 3 of the FCC Amateur Radio Service materials needed to upgrade to a General Class license. Upon completion of these classes, participants will be fully prepared to take the General Class licensing exam which will be administered on November 1. After passing the exam, you will receive your General Class license by mail from the FCC. **A \$50 fee payable to instructor covers manual and license exam fee. Held at Fire Station #12**
 #47584 M/W 10/4-11/8
 7:00-9:00pm Mattson

Introduction to Contingency Planning

Ages 18 & up. Make a plan today for a disaster that could happen tomorrow. The Small Business Administration estimates that up to 43% of small businesses will never re-open their doors after an IT interruption. The Introduction to Contingency Planning is a 2-hour course comprised of lecture and group activities. You will be challenged to work collectively to identify potential risks/threats to an organization and the resulting operational impacts. This workshop would be beneficial to groups just beginning their contingency planning or those updating their plans.
 #47577 W 9/22
 4:00-6:00pm Kasper Free

Contingency Planning Workshop

Ages 18 & up. This workshop is designed to assist small businesses and nonprofits concerned with being prepared to continue serving their target populations during and after a disaster such as flooding, earthquake or pandemic flu. Who should come to this workshop? Agency directors, managers, health and safety officers or other designated staff/volunteers. The workshop will cover the following topics: learn key planning components, agency risk evaluation and control, agency emergency response planning, building agency resiliency via trainings, exercises and maintenance, and establishing partnerships.
 #47586 T/W 11/9 & 11/10
 2:00-6:00pm Kasper Free

All classes held at Renton Technical College in room K203/204 unless otherwise noted.

Fire Safety/Extinguisher Training

Ages 18 & up. This course is designed to teach you what to do if a fire occurs in your home. Participants will learn about the most common causes of fires, facts about smoke alarms and the life saving components included in a home escape plan. You will also learn about the different classifications of fire and the safe use of a fire extinguisher. Instruction consists of a lecture format with hands-on fire extinguisher practice outside. (Dress appropriately, sturdy shoes etc.) **Class held at Fire Station #14.**
 #47582 W 9/29
 6:00-9:00pm Mattson Free

Surviving a Fire in Your Home

Ages 18 & up. Would you survive a fire in your home? Fire can spread at an alarming speed, so you must be prepared to move quickly and make the right decisions. Find out easy steps you can take to increase your chances of surviving a fire, preventing fires, and protecting your family. Learn about the reality of fire compared with the myths we see on television.
 #47572 T 10/5
 7:00-8:30pm Hickey Free

Heat Safety

Ages 16 & up. In Western Washington our summer heat and humidity puts us at great risk of heat related illnesses. Learn to read the Heat Index and how it relates to those weather report warnings, how to choose the right sunscreen, sunglasses, and clothing for the hottest times of the year. Recognize the signs that tell you when someone is in trouble with the heat and what actions you must take to survive.
 #47578 Th 9/23
 4:00-5:30pm Quist Free

Police Citizen's Academy

Have you ever wondered what it's like to be a police officer? Are you curious about how the police department works? How does Renton compare to CSI: Miami? Come and find out!

The next session of the Renton Police Department's Citizen's Academy will begin in September. Members of the police department and law enforcement community will speak on a variety of topics including Patrol Operations, K9 Unit, Hostage Negotiations, SWAT Operations, Gangs, Drugs, and more! Academy participants will have the opportunity to ride-along with a patrol officer and to tour the jail, the dispatch center, and the police department.

Citizen's Academy is a wonderful opportunity to get to know Renton's Finest and to better understand local law enforcement and the criminal justice system. You must be at least eighteen years old to attend. Applications will be accepted until September 10, and priority may be given to those who live and work in Renton. A background check will be conducted on all applicants.

Additional information and the application for our Citizen's Academy are available on the City website at www.rentonwa.gov. If you have questions or would like an application mailed to you, please call 425-430-7520.

Emergency Preparedness

Disaster Preparedness

Ages 13 & up. Did you know that Washington State has the potential for the most types of disasters in the USA? Will you be ready for the next disaster? Find out in this interactive lecture from your local American Red Cross how to make a plan with a focus on flood preparedness, build a disaster supply kit, and how to be your own best resource.

#47586	M	10/4
4:30-6:30pm	Rothman	Free
#47585	Th	11/18
6:00-7:30pm	Rothman	Free

Flood Preparedness and Safety

Ages 18 & up. The number of homes and businesses experiencing flooding in our area is increasing. Weather changes, new construction, infrastructure failure - not many people move into a location expecting it to flood so it can feel like an unending nightmare when it happens. This lecture will teach you about flood insurance, how to identify locations at risk of flooding, as well as showing you the steps you can take to reduce water's impact on your home.

#47589	W	11/3
6:00-7:00pm	Rothman	Free

Preparedness for Adult Family Homes

Ages 18 & up. As an adult family home owner or employee, you care for some of our community's most vulnerable residents, who depend on your care 24 hours a day. Have you developed your disaster plan to make sure you can continue caring for them when the power goes out or the earthquake hits? This class will review the different requirements for AFH disaster planning in Washington State and things that you should consider during disaster planning. Bring any in-process plans if you would like feedback.

#47573	S	10/2
9:00am-12:00pm	Myers	Free

Disaster Preparedness for Caretakers

Ages 16 & up. This class will help caretakers of people with special needs and caretakers of seniors to prepare for disasters and emergencies. Topics that will be covered include disaster kits, evacuation planning, special needs planning and shelters.

#47608	S	10/16
2:00-4:00pm	Myers	Free

**All classes held
at Renton Technical College
in room K203/204 unless
otherwise noted .**

Shelter Operations and Simulation

Ages 18 & up. In this instructor-led course, the learners will acquire knowledge of Red Cross policies and procedures for setting up, running and closing a shelter during a disaster. The course includes lecture, group exercises, and a simulation.

#47590	S	10/23
9:00am-5:00pm	Hamilton	Free

Map Your Neighborhood Facilitator Training

Ages 15 & up. Going a step beyond personal emergency preparedness, which is not specifically addressed in this training, this course will prepare you to organize and lead a 90-minute discussion with your neighbors. Together with your neighbors you will take an inventory of the special needs and emergency resources you have in your own neighborhood. Neighbors helping neighbors can make the difference in how well your community weathers the disaster.

#47587	Th	10/28
6:30pm-8:30pm	Myers	Free

Interacting with Emergency Responders

Ages 14 & up. In the middle of an emergency or unexpected event, it is important to know what to say or do to interact effectively with emergency responders. Through lecture and discussion, this class will cover a wide spectrum of possible scenarios, including calling 9-1-1, encountering police activity on your street, helping at an accident, identifying a utility emergency, providing information to paramedics, or even being pulled over for speeding by police. You will learn what emergency responders expect of you, what you can expect of them, and how you can work productively with them during the emergency.

#47571	Th	10/14
6:00-8:00pm	Needham	Free

Out-of Area Contacts

If you are separated from your loved ones when disasters strike, you immediately will wonder how and where they are. The stress of the event may make it difficult to remember even routine information, like phone numbers. Consequently, we recommend that every household member have an out-of-area contact card in a wallet, purse, or backpack at all times.

Ask an out-of-area friend to be your contact person. This person should live at least 100 miles away from you. Make small cards with this person's name and phone number for all family members to carry in their wallets, purses, or backpacks.

Clip and Save!

OUT OF AREA CONTACT PERSON

Why? Local phone systems may be shut down in a disaster. However, you frequently can place a long distance call.

Name (print):

Phone number (with area code):

Cell phone number (with area code):

Tip: You may be able to text message loved ones on your cell phone. Remember to keep these messages short.

Specialized Recreation

About Our Program

This program is designed for individuals in the Renton area with special needs, including those who have a physical or developmental disability and provides group leisure and recreational activities. **Pre-registration is required for all programs.**

Club Thursday

Club Thursday is held at the Renton Senior Activity Center from 7:00-8:30 p.m. Cost: \$28R/\$33NR. Ages 16 & up. Register for Class #47498.

September 16 - Bingo Night - You might be a lucky winner!

September 23 - End of Summer Dance

September 30 - Karaoke Night!

October 7 - Pumpkin Decorating

October 14 - No program

October 21 - Ghoulish Groove Costume Party - Do the Monster Mash and show off your costume.

October 28 - No program

November 4 - Pizza and Board Games! - Bring your favorite board games to play and we will enjoy some great pizza at the same time.

November 11 - Movie Night - We will vote on what movie to watch and then enjoy one of our favorite films.

November 19 - Turkey Trot Dance!

November 25 - No program

December 2 - Talent Show - Sing, dance, tell a joke! Show us your talent.

December 9 - Holiday Party and Dance

Special Olympics

The Renton Recreation Division offers sports training and competition through Special Olympics. Individual, team, and unified sports are provided. Before participating, athletes must submit a current Special Olympics Washington Application for Participation (AFP) and a Renton Recreation Division Specialized Recreation Information Form.

Bowling

Ages 8 & up. Bowling cost per week is \$9 and includes shoes, ball rentals, and three games (see the Buzz for payment procedures). Skyway Bowl is located at 11819 Renton Avenue South, Seattle).
#47499 S 9/11-11/13
12:30-3:30pm \$28R/\$33NR

Exciting Excursions

Ages 16 and up. Meet at the Renton Community Center. Please bring \$30 for admission, food, and souvenirs. **Cost: \$7 per trip.**

Ferry & Lunch

#47502 T 9/7 11:00am-4:00pm

Puyallup Fair

#47514 T 9/14 10:00am-4:00pm

#47515 T 9/21 10:00am-4:00pm

Movie & Lunch

#47503 T 9/28 11:00am-4:00pm

Bowling & Lunch

#47511 T 10/12 11:00am-4:00pm

Pumpkin Patch & Lunch

#47507 T 10/26 11:00am-4:00pm

Pike Place Market & Lunch

#47504 T 11/2 11:00am-4:00pm

Museum of Flight & Lunch

#47505 T 11/16 11:00am-4:00pm

Movie & Lunch

#47506 T 12/7 11:00am-4:00pm

Shopping & Lunch

#47512 T 12/14 11:00am-4:00pm

Drama Club

Have you ever wanted to be in a play? Do you like to sing and dance and be on stage? Join us for this inclusive acting project. All Specialized Recreation Program Volunteers are welcome to participate in this fun performance. This activity is for participants who have a serious desire to learn about the performing arts and are willing to participate in a stage performance. We will offer encouragement and instruction so that all participants are successful and have fun. Held at Carco Theatre on Wednesdays and at the Renton Senior Activity Center on Thursdays. **No class September 22, October 14 and 28, November 17 and 25 and December 1 and 8.**
#47516 W/Th 9/8-12/15

Walk to Be Fit

Ages 8 & up. Join us for a fun leisurely walk with friends at local trails. Socialize with friends and get some exercise. Meet at the Renton Community Center.
#47500 M/W/F 9/13-11/19
1:00-2:00pm Claggett \$7R/\$7NR

360 Art

Ages 13 & up. Join Sandra Wallace, professional artist and learn painting and drawing techniques, paper mache, and mosaics...just to name a few! No art experience necessary.
#47496 T 9/21-11/9
6:00-7:30pm \$40R/\$48NR

Golf Club

Ages 8 & up. Join Colin Edwards and learn the basics of golf at the Maplewood Golf Course Driving Range. Each week you will have a chance to hit a bucket of balls and learn about putting and chipping. Bring your clubs or use a set provided by the course. Bring \$5 each week for the bucket of balls. **Meet at the driving range.**
#47501 M 9/13-11/1
6:00-7:00pm Edwards \$28R/\$33NR

Bocce Ball

Learn the basics of Bocce Ball on the Renton Senior Activity Center Bocce Ball Court. Each week you will have a chance to play the game and learn the rules. All equipment provided.
#47755 W 9/15-10/20
6:00-7:00pm Staff \$7R/\$7NR

New

For more information, contact Sean Claggett at 425-430-6748, or via email him at scclaggett@rentonwa.gov. The Specialized Recreation brochure "The Buzz" can be viewed online at rentonwa.gov.

Renton Senior Activity Center

About the Center

This drop-in facility offers the opportunity for fun, friendship, health, and socialization through a variety of activities and services for citizens age 50 and older. We do not provide respite adult day care or services that would normally be provided by a trained attendant, nurses or personal caregiver. Our "Golden Opportunities" quarterly brochure listing classes, special events, and services for the Renton Senior Activity Center is available online at rentonwa.gov or in person.

Our Activities

Come be part of the "daily" hub of the Center. The activities listed below will keep you hoppin'.

Ongoing Activities

- Bible Study
- Book Club
- Bridge
- Coffee Bar
- Computer Lab
- Cribbage
- Mah Jongg
- Pinochle
- Pool
- Thursday Afternoon Dance

Outdoor

- Hikes

Sports

- Bean Bag Baseball
- Bocce Ball
- Horseshoes
- Pool Tournaments
- Walks

Special Events

Look for these upcoming events.

- Black Jack Tuesday - First Tuesday of the month.
- Holiday Craft Bazaar - November 6

Day and Overnight Trips

- For current trip opportunities, pick-up a copy of the "Golden Opportunities" quarterly brochure.

Our Classes

The Renton Senior Activity Center offers a wide range of classes for learning, entertainment, and creativity.

Special Interest

- Computers
- Cooking With Cher
- Dog Behavior Workshops
- Financial Workshops
- Keyboards
- Safe Driving Course

Crafts/Visual Arts

- Bunka Embroidery
- Ceramics
- Colored Pencil
- Creative Memories
- Handicraft
- Oil Painting
- Open Painting
- Watercolor
- Woodcarving

Performing Arts

- Ballroom Dance
- Line Dancing
- Hawaiian Dance/Beginning Hula
- Mid-Eastern Dance
- Tap Dance

Health/Fitness

- Aerobics
- Exercise with the Aid of a Chair
- Fitness Room
- Low Impact Aerobics
- Nintendo Wii
- Senior Fitness Training
- Strength and Balance
- Tai Chi
- Yoga

Hours

Monday - Friday 9:00am-5:00pm

Closed September 6, and September 20 through 24, November 25, December 23 & 24. The week of September 13 through 17 the Nutrition program will be serving lunch in the Auditorium.

Staff

Shawn Daly.... Recreation Supervisor
Debbie Little..Recreation Coordinator
Patty Wills.... Recreation Programmer
Lisa Wivag... Recreation Programmer
Kathie Svedin..... Secretary

211 Burnett Avenue North

425-430-6633

Our Services

The Renton Senior Activity Center offers the following:

Healthy Lifestyles

- Foot care
- Free blood pressure checks
- Hearing Loss Association Group
- Widowed Information and Consultation Services

Legal Services

- Free legal information
- Statewide Health Insurance Benefits (SHIBA)

Nutrition Program

- Lunch- Served Monday through Friday at 11:30 a.m. Donation is \$3 per meal if 60 and over and a charge of \$6 if under 60. For information, call 425-254-1128.

Fitness Room

Our Fitness Room is now open and ready for you to enjoy. A grant from First Financial Northwest Foundation funded the project. An attendant will be on-site to introduce you to the machines and demonstrate how to use them correctly so you can maximize your workout. Fitness is not a fad, it is here to stay and can enhance the length and quality of your life. Orientation is required before using. Fitness equipment consists of:

- Two recumbent bikes
- Two elliptical trainers
- Two treadmills
- One total body trainer
- One chest press
- One bicep curl
- One lateral pull-down
- Dumbbells
- Tubing with handles

Renton Senior Activity Center Holiday Craft Bazaar

Saturday, November 6

Handmade crafts by Renton area adults 50 and over will be on sale from 10:00 to 3:00 pm. Registration for tables begins September 1. There is a two table limit. Cost is \$15 for a six-foot table. Call 425-430-6633 for more information.

Rental Facilities

Renton Community Center

The Renton Community Center is located along the banks of the Cedar River and provides an ideal location for receptions and business meetings. Classrooms, large meeting rooms, and a banquet facility (with full kitchen) are available to accommodate a variety of needs from theater-style seating to banquet-style dining. Additionally, a double gym is available to provide seating for lectures or presentations. Our fully trained staff will see to all of your needs from start to finish. Call 425-430-6700.

Resident Rates

Banquet Room:

Friday (5 hour min.)	\$600
Saturday (10 hour min.)	\$1200
Monday-Thursday (3 hour min.)	\$80/hour
Kitchen Fee (Monday-Thursday)	\$80
A \$500 security deposit is required.	
Additional weekend hours are \$120 per hour.	

Classroom: \$30/hour

Gym:

Available as schedule allows. Reservations can be made one week in advance, except for special event rentals.

Full Gym	\$40/hour
Double Gym	\$80/hour

Special Event:

Full Gym	\$500/day
Double Gym	\$1000/day

The gym is available for special event rentals (trade shows, craft shows, etc.) and requires an additional fee for carpet set-up and take down or special electrical needs. Tables and chairs are not included in gym rentals. Alcoholic beverages are not allowed in the gym unless it is a co-sponsored city event. Note: Special events and other rentals may require insurance at the discretion of the Risk Manager. The Renton Community Center is not available for Sunday rentals.

Non-resident Rates

Banquet Room

Friday (5 hour min.)	\$700
Saturday (10 hour min.)	\$1400
Monday-Thursday (3 hour min.)	\$90/hour
Kitchen Fee (Monday-Thursday)	\$80
A \$500 security deposit is required.	
Additional weekend hours are \$140 per hour.	

Classroom: \$35/hour

Gym:

Available as schedule allows. Reservations can be made one week in advance, except for special event rentals.

Full Gym	\$45/hour
Double Gym	\$90/hour

Special Event:

Full Gym	\$600/day
Double Gym	\$1200/day

Birthday Party Packages

Set-up and clean-up required by renter. Party size limited to 25 guests. Available at the Renton Community Center.

- **Bounce Around Birthday** - For children ages 3 to 6 years old. Includes one hour in a classroom and one hour in a racquetball court with an inflatable bounce, hula hoops and small basketball hoop and balls. Cost is \$55 for residents and \$65 for non-residents.
- **Good Sport Package** - For children 7 years to young teen. Includes one hour of gym time and one hour of classroom time. Cost is \$55 for residents and \$65 for non-residents. Only available April through December.

Carco Theatre

Located at 1717 SE Maple Valley Highway, this is a 287-seat facility with many amenities, making it suitable for business meetings and seminars. Non-profit rates available. Carco Theatre is not available for Sunday rentals. Call 425-430-6706.

Resident Rates

Non-Profit:

4 hour minimum \$90/hour

Other:

4 hour minimum \$110/hour

Non-resident Rates

Non-Profit:

4 hour minimum \$100/hour

Other:

4 hour minimum \$120/hour

Other Fees

Technician	\$25/hour
House Manager	\$20/hour

Picnic Shelters

Picnic shelter reservations are available on a first-paid, first-served basis for non-profit events and will be taken beginning January 3, 2011. No phone-in reservations allowed. Shelters are reservable May 1 through September 30, including holidays. Groups must adhere to the picnic shelter rules and regulations as set forth by the City of Renton. Informational Picnic Packets are available to answer your questions. Requests for special events must make full disclosure (e.g., weddings, religious services, inflatables, catering, etc.). No inflatables allowed at Gene Coulon Memorial Beach Park. A certificate of insurance may be required. No refunds will be given due to inclement weather or violation of Park Rules and Regulations. A day is considered 8:30 a.m. to 8:30 p.m. Groups may have one (1) reservation scheduled in a calendar year. Reservation cancellations must be made at least 14 days in advance of the reservation date to be eligible for a refund. The amount refunded will be 50% of the reservation fee. Requests made less than 14 days before the rental date will result in the loss of the entire reservation fee. There is a \$30 rescheduling fee. The maximum we can accommodate is 150 people.

The following rates apply for Gene Coulon Memorial Beach Park North Shelter, Gene Coulon Memorial Beach Park South Shelter #1, Gene Coulon Memorial Beach Park South Shelter #2, Gene Coulon Memorial Beach Park Creekside Shelter, Cedar River Trail, Liberty Park, Philip Arnold Park, Riverview Park, Teasdale Park and Heritage Park.

	<u>Resident Rate</u>	<u>Non-resident Rate</u>
8:30 a.m. - 1:30 p.m.	\$80.00	\$160.00
3:30 p.m. - 8:30 p.m.	\$80.00	\$160.00
All Day (groups under 75)	\$120.00	\$240.00
Groups 75 to 150 (maximum)	\$150.00	\$300.00

Note: Groups over 75 reserving the Gene Coulon Memorial Beach Park South Shelter #1 or #2 are required to reserve both. Rates subject to change.

Renton Senior Activity Center

Located along the banks of the Cedar River, this facility offers a banquet room with a view. Hardwood floors, elegant stage, kitchen, and outdoor patio make this the ideal venue. Note: Friday rentals are available after 5:00pm only. There is a security deposit of \$500. Sunday rentals are not available.

Resident Rates

Friday (5-hour min.)	\$600
Saturday (10-hour min.)	\$1200
Additional hours	\$120/hour

Non-Resident

Rates

Friday (5-hour min.)	\$700
Saturday (10-hour min.)	\$1400
Additional hours	\$140/hour

For information on renting a neighborhood center, call 425-430-6700.

Human Services

For information call 425-430-6650

Prepare for Home Heating

Maintain your heating system to ensure that it works safely when you need it the most!

Have a professional inspect the filter, pilot light, burners and flue ventilation in a system fueled by gas or oil. Fireplaces, water heaters, space heaters and wood and pellet burning stoves should also be inspected by a service professional every year to insure safely functioning hoses, wires, circuit breakers and chimney ventilation. Furnace filter changing is something homeowners can and should do themselves at least once every 2 months. If you don't know how, have the specialist inspecting your unit show you how to change the filter. Clean ducts in the heating system. Clean and vacuum dust from vents, baseboard heaters and cold air returns. Dust build-up in ducts and wall heating registers is a major cause of indoor pollutants.

If Your Heat Goes Out

For a gas or propane furnace, call your gas provider, and for an electric furnace call your electric service provider. For most Renton residents, that will be Puget Sound Energy and the phone number is 1-888-225-5773. Have your account number handy when you call. Current City of Renton Housing Repair Assistance Program (HRAP) clients can call 425-430-6650. (City of Renton residents interested in applying for HRAP can get more information at humanservices.rentonwa.gov.)

Financial assistance for repairs or replacement of a primary heat source (for example, a furnace) for low income households may be available through the King County Housing Repair Program. Call 206-263-9095 for more information. For assistance with home weatherization and insulation call the King County Housing Authority Weatherization Program at 206-214-1240.

Do You Need Help With Your Energy Bills?

LIHEAP-the Low Income Home Energy Assistance Program-helps qualified customers with their home heating costs. The program service is available from approximately October through June (or until funds are depleted). You may be eligible for this program if you live in South King County, own or rent, pay home heating energy bills, and your income is below the current qualifying guidelines. The average monthly net income for a family of four participating in the program is currently \$2,297.00. To apply, call 1(800) 348-7144 for an appointment.

Looking For a Free Hot Meal?

The following programs are available in Renton:

Friendly Kitchen Meal Program
Hillcrest Elementary - 1800 Index Ave NE, Renton, WA 98056
Thursdays at 5:30 p.m. (when school building is open)

Harambeé Church - 316 S. 3rd Street, Renton, WA 98057
Hot meal served Saturdays from 4:30 to 5:30 p.m.

Renton Community Supper
Renton Salvation Army Church - 720 S. Tobin St., Renton, WA 98057
Hot meal served Monday, Wednesday, and Friday from 5:30 to 6:30 p.m.
For the hungry, hurting, or homeless. Come by for a hot supper, in a warm, safe place with no strings attached. For more information or to volunteer, go to rentoncommunitysupper.com.

Holiday Assistance Programs

The holiday season is one of joy for many in our community. However, for families and individuals who are struggling financially it can be a challenging time. The Salvation Army's holiday program can help to those in need.

If you think you may need assistance, contact The Salvation Army at 425-255-5974. Don't wait, as assistance is limited. Applications for Thanksgiving and Christmas assistance are processed at specific dates and times.

Free Thanksgiving Day Dinner

"Food for the body, and community for the soul."

**St. Anthony's Parish - 501 S. 4th
Thursday, November 25, 2010
2:00 p.m.- 3:00 p.m.**

Join the Renton community for a free Thanksgiving dinner. This event is possible thanks to food donations from Renton Ecumenical Association of Churches. Call 425-432-9939.

Share in the Joy of Giving!

The Renton Salvation Army has identified and screened Renton families needing assistance. There are three ways to participate in the program:

One: Take a tag from the giving trees at either Renton City Hall or Renton Community Center during normal business hours. Return the unwrapped gift (and packages of gift wrap, if you want) with tag attached to either location by December 17.

Renton City Hall
Beginning Wednesday, December 1
Renton Community Center
1715 Maple Valley Highway
Beginning Friday, November 19

Two: Adopt a family for the holidays. Contact Ameeca Akram at 425-255-5969, ext 14. Gift certificates to stores that carry housewares, groceries, toys, and clothing in all the same location work great! The gifts will be part of the "Toy 'N Joy Program". Families arrive at appointed times before Christmas and select two gifts for each child. This allows families to select the best-suited gifts for their children. Holiday food baskets are distributed at the same time. Contact Captain Rutendo Masango at 425-255-5974.

Three: Bell ringing! There are many locations in Renton, Mercer Island, and Issaquah. Individuals or groups are welcome. Contact D.J. Svenson at 425-255-5974. To volunteer for any of these programs or to see if you can be a recipient of assistance, call The Salvation Army at 425-255-5974.

For more information, call 425-430-6650 or visit rentonwa.gov

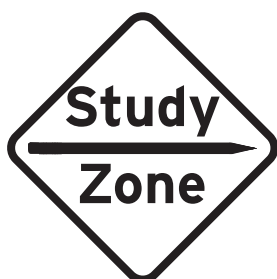
Renton Libraries

Renton Library
100 Mill Avenue South
425-226-6043

Monday -Thursday 10:00 a.m.-9:00 p.m.
Friday 10:00 a.m.-6:00 p.m.
Saturday 10:00 a.m.-5:00 p.m.
Sunday 1:00 p.m.-5:00 p.m.

Renton Highlands Library
2902 NE 12th Street
425-277-1831

Monday -Thursday 10:00 a.m.-9:00 p.m.
Friday 10:00 a.m.-6:00 p.m.
Saturday 10:00 a.m.-5:00 p.m.
Sunday Closed



Free Homework Help

Grades K-12.
Drop-in during scheduled Study Zone hours for free homework help from volunteer tutors in all subject areas, including Math, Science and SAT test preparation. *Contact your local library for Study Zone hours.*

Prepare for the SAT!

Saturdays in October
Renton Library

This 5 class SAT prep course will cover all sections of the test and includes a practice exam that will be scored and analyzed. *Class size is limited. Registration required. Call 425-226-6043.*

Free Computer Classes

The Renton and Renton Highlands Libraries offer free computer classes on a variety of subjects including basic skills, popular software programs and the Internet. Information on upcoming classes will be posted at the library and on www.kcls.org. *Questions? Call the Renton Library at 425-226-6043 or the Renton Highlands Library at 425-277-1831.*

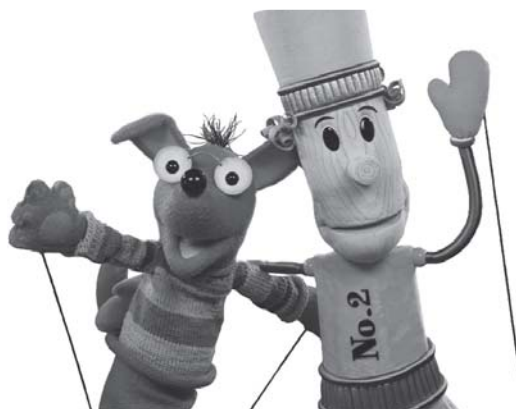


Log on to www.kcls.org for more information on programs for all ages offered at your local library.

Reasonable accommodation for individuals with disabilities is available; please contact the library prior to the event if you require accommodation.

kcls.org

STORY TIMES



Baby Story Times

Tuesdays - September 14 to December 7 - 10:00 a.m.

Renton Library

Newborn to 24 months with adult.

Bring your little one to the library! It's a Story Time for babies with board books, puppets, songs, rhymes and play time!

Pajama Story Times

Mondays - September 13 to December 6 - 7:00 p.m.

Renton Library

Children of all ages and their families welcome.

Wear your pajamas to the library, bring a stuffed animal and enjoy stories, songs and finger plays before bedtime.

Family Story Times

Wednesdays - September 15 to December 8 - 10:00 a.m.

Renton Library

Children of all ages and their families welcome.

Join us for a fun-filled, half-hour of stories, finger plays, movement and music.

Talk-Time

Wednesdays - 6:30-8:00 p.m.

Renton Library

Like to practice your conversational English skills? Then come to Talk Time, free sessions to help you practice speaking English in a fun and friendly setting. For adults only, please do not bring children. Registration not required.



For more information, visit www.kcls.org.

Renton History Museum

Please join us at the Renton History Museum for our fall program series. Programs are free with regular Museum admission, and always free for members. Renton History Museum is located at 235 Mill Avenue South Renton, WA 98057, one block south of the King County Library System - Renton Branch. Phone: 425-255-2330.

425-255-2330

September



Saturday, September 18 - 11:00 a.m. - Sabar: Music of Senegal - The band "Kheweul" led by Mapathe Diop introduces children to African percussion called "Sabar." In Africa, drums are used to send a message from village to village, for good luck, to put babies to sleep, or for celebrations such as weddings and baby-naming ceremonies. Children will have the chance to try playing the drums, learn how to sing some African songs, and dance in the rhythm of Sabar. The band leader will also play "Taggu Mbarr," bringing good spirits and good luck. (Audience: kindergarten through adult.)

Museum Hours

The museum is open Tuesday through Saturday from 10:00 a.m. to 4:00 p.m.

Suggested Donation

Adults.....\$3.00
Students.....\$1.00
Free admission on the first Wednesday and the third Saturday of the month.

Free Tours

The museum offers free tours at 11:00 a.m. on the third Saturday of the month. The tours are appropriate for elementary students through adults. No reservation is necessary, unless there are more than five people in your group. In that case, please call the museum at least one day in advance to ensure that enough tour guides are available when you come.

October

Tuesday, October 12 - 5:00 p.m. - The People of Cascadia - Pacific Northwest Native American History - Join author and illustrator Heidi Bohan as she shares a digital slide show about Pacific Northwest Native American culture, as well as a display of artifacts and original art. Heidi Bohan is an ethnobotanist and a native plant and cultural expert who has taught about Pacific Northwest Native culture and the environment for fifteen years. She is also skilled in such traditional arts as basketry, weaving, woodworking and carving, and the recreation of traditional tools and materials. Books will be available for purchase and the author will be available to sign. (Audience: high school through adult.)



Saturday, October 30 - 11:00 a.m. - Whispers in the Graveyard, A Halloween Hullabaloo - The ancient Celts believed that on October 31 the boundary between the living and the deceased dissolved, and the dead become dangerous for the living. Naomi Baltuck and her daughter Bea will give us tips how to survive this haunted day. Expect horror stories, ghosts, and other Halloween attractions. Not for the faint of heart! Please arrive in costume. Refreshments will be served. (Audience: kindergarten through adult.)

November



Saturday, November 13 - 11:00 a.m. - Coastal Salish Basket Weaving: Past, Present and Future with Harvest Moon - Native basket weavers, once close to extinction in most tribes, are now experiencing a rebirth of their traditions and skills. Harvest Moon delves into the history of Native American basket weaving, explaining the rituals of gathering materials and the place of skilled basket weavers within traditional society. She sees each basket as an expressive vehicle of the weaver, embodying her traditions and spiritual aspirations. The presentation is enhanced by examples of traditional baskets. (Audience: elementary through adult.)

December

Saturday, December 11 - 11:00 a.m. - Ancient Traditional Games with Alan Hirsch - Over 50 historical games and puzzles are included in this hands-on program. Throughout history, almost every culture played games. Native Americans, the Maori of New Zealand, and Icelandic peoples all played games that improved their thinking ability. This presentation offers students and families the opportunity to discover and play the games of many cultures. With simple rules to guide them, children and adults explore strategy games, once played by the Pharaohs, Vikings, and Apache Indians, as well as games from every continent. Refreshments will be served. (Audience: elementary through adult.)



Annual Benefit Dinner and Auction

Join us for the Renton Historical Society Annual Benefit Dinner and Silent Auction on Wednesday, October 6, 6:00 to 8:00 p.m. at the Renton Senior Activity Center. The theme is "Homecoming," and the Lindbergh High School Jazz Band will be performing. Enjoy a delicious dinner, bid on exciting auction prizes, and learn more about the future of the Renton History Museum. Tickets are \$40 each, or \$75 for a couple. To purchase tickets, please contact the Renton History Museum at 425-255-2330.

Volunteer Opportunities

Got Time?

Get Involved...Make a Difference

Civic engagement builds a community and a network of neighbors who care. For more information about how you can get involved in Volunteer Programs, please go to volunteering at rentonwa.gov, or contact us at 425-430-6600.

Parks - Bonnie Rerecich - 425-430-6600 or brerecich@rentonwa.gov
 Housing Repair Assistance - Tim Lawless - 425-430-6653 or tlawless@rentonwa.gov
 Carco Theatre - Vincent Orduna - 425-430-6706 or vorduna@rentonwa.gov
 Youth Athletics - Donna Eken - 425-430-6700 or deken@rentonwa.gov
 Facilities - Dennis Conte - 425-430-6643 or dconte@rentonwa.gov
 Renton History Museum - Dorota Rahn - 425-255-2330 or drahn@rentonwa.gov
 Recreation Programs - Kris Stimpson - 425-430-6700 or kstimpson@rentonwa.gov
 Special Events - Shirley Anderson - 425-430-6700 or sanderson@rentonwa.gov
 Special Olympics - Sean Claggett - 425-430-6700 or scaggett@rentonwa.gov
 Renton River Days - Sonja Mejlaender - 425-430-6514 or smejlender@rentonwa.gov
 Renton Senior Activity Center - Shawn Daly - 425-430-6633 or sdaly@rentonwa.gov



Renton Gives! How You Can Help!

"Renton Gives" is an online way to donate and provides funding for:

- The Salvation Army Renton Rotary Food Bank
- Renton Emergency Assistance Program for Utilities
- Housing Repair Assistance Program
- Scholarships for City of Renton Recreation Programs

Donations are tax deductible and go directly to providing for those in need. For more information go to rentonwa.gov and read about "Renton Gives".

Team-Up & Become a Sponsor!

Sponsorship can provide your company or organization an opportunity to achieve a high degree of visibility within the local community. Our Community Services Department's sponsorship program can provide positive exposure for business' products and services. Sponsorship opportunities can be one-time or ongoing for a variety of community-wide events and activities extending to all ages. Options include:

**The Arts
Sports
Senior Programing
Human Services**

**Specialized Recreation
Special Events
Parks**

The City of Renton Community Services Department sponsorship program can work with you to reach your target audience and help you strengthen your marketing efforts. For more information on what is available, call 425-430-6600.

Adopt a Park Program

Let us match your business, organization or group of volunteers with a team-building experience as you volunteer together to help restore and maintain the natural beauty of a local park. We provide the tools, and our experienced park staff will work with you to find the right park for your group. One day for a few hours can really make a difference; so get your team together, get involved, give back, and enjoy the outdoors! Contact Bonnie Rerecich at 425-430-6600 to schedule a project.

Our Tools Have Wheels!

Volunteering has never been easier, thanks to our volunteer trailer full of tools donated by McLendon Hardware! It has been making its way around town and putting the tools to good use. Hundreds of businesses, organizations, and community volunteers have put in a lot of great work and are getting the job done to enhance our community!

If you have a business, organization, group, or an inspired group of friends or family that would be interested in partnering with the City for a volunteer project; we can make it happen! You bring the "volunteer-power" and we will bring the tools! For more information, please contact Bonnie Rerecich at 425-430-6600 or brerecich@rentonwa.gov.

TEAM-UP to GREEN-UP An Individual Park Volunteers Program

Our volunteers play an essential role in sustaining and enhancing our parks and open spaces. The Individual Park Volunteer Program (IPV) provides opportunities for volunteers to make a personal commitment over an extended period of time to their neighborhood and community. With flexibility in mind, volunteers can work around their busy schedules to donate their time when it is convenient for them. Activities may include: litter pick-up, raking leaves, removing graffiti, painting, planting, weeding, mulching and more. For more information on how you can become an IPV, contact Bonnie Rerecich at 425.430.6600 or brerecich@rentonwa.gov.



Register for recreation programs on-line at cybersignup.org or MyParksandRecreation.com.

New to Renton's Parks

What's Your Vision for Renton's Parks, Recreation, Open Spaces and Natural Resources?

With your participation, the City updates Parks, Recreation and Open Space Plans approximately every six years in order to keep abreast of the current demand and need for recreation facilities and services based upon population, demographics, trends, and participation rates. Such plans are the blueprint for acquisition, development, expansion, and programming and are also used to secure grant funding.

Beginning this fall, the Plan will take approximately one year to complete and will include multiple opportunities for public participation. Community involvement will include several open house meetings geographically located throughout the City, a visioning meeting, a statistically valid random household survey, and an interactive web site.

New key elements will include a natural resources section; a green infra-structure component identifying and mapping the City's public land base exclusive of ownership and management authority, thereby increasing the potential for public access to green spaces; an inter-departmental stewardship needs assessment taking a comprehensive approach to land management, acquisition, and development; and a recreation program needs assessment evaluating recreation programs for service gaps, efficiencies, and potential partnership opportunities.

Other essential elements will include an inventory and analysis of parks, recreation, facilities, and natural areas; level of service assessment; park system standards and classification analysis; trends analysis; gap analysis; concept plans for undeveloped and/or underutilized park areas; six-year implementation plan with funding strategies; and policy language.

The planning process will be jointly led by the Community Services Department, Parks Planning and Natural Resources Division and the Community and Economic Development Department, Planning Division. For additional information and location and time of public meetings please visit the City's website at www.rentonwa.gov or contact the Community Services Department at 425-430-6600.

We look forward to your participation!



New Trail Rules Implemented

The City of Renton has implemented new trail rules on the Cedar River Trail in an effort to increase safety awareness for ALL users - walkers, bicyclists, dog-walkers, joggers, etc. The Park Rules revisions/additions include:

- Reduce trail speed limit from 15 mph to 10 mph
- Instituted a "Dismount Zone", one between Bronson and Logan (lower walk), and again at N. 6th St. to mouth of the river.

Additionally, a dashed center line has been added to assist with traffic flow and encourage users to stay to the right, markers have been added to warn of approaching bollards, and future educational pieces will be developed to reinforce trail etiquette for all users.



Maplewood Golf Course

Golf Course Staff

Kelly Beymer	Parks and Golf Course Director
Kathy Ruff	Golf Course Operations Specialist
Mike Toll	Head PGA Professional
Kirk Gleason	Assistant PGA Professional
Chris Hughes	PGA Pro Shop Assistant
Steve Meyers	Golf Course Supervisor
Pete Frigard	Lead Golf Course Worker
Dave VanSantford	Equipment Mechanic
Greg Haake	Golf Course Maintenance Worker

Green Fees

Through October 2010

18 Holes	
Weekday (Monday-Friday)	\$31.00
Weekend	\$37.00

9 Holes	
Daily	\$22.00
Third Nine	\$11.00

Junior Rates (Monday-Friday)	
18 Holes	\$16.00
9 Holes	\$12.00

Senior Rates (Monday-Friday)	
18 Holes	\$22.00
9 Holes	\$16.00

Effective November 2010-March 2011	
18 Holes	
Weekday (Monday-Friday)	\$22.00
Weekend	\$31.00

9 Holes	
Daily	\$22.00
Third Nine	\$11.00

Junior Rates (Monday-Friday)	
18 Hole Round	\$12.00
9 Hole Round	\$12.00

Senior Rates (Monday-Friday)	
18 Hole Round	\$16.00
9 Hole Round	\$16.00

Classes & Lessons

Private

Full Hour	\$60.00
Half Hour	\$40.00

Series of Four

Full Hour	\$220.00
Half Hour	\$140.00

Two People

Full Hour	\$60.00
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Three People

Full Hour	\$75.00
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Group

Series of four (4) one-hour classes	
4-6 People	\$90.00

Juniors (17 & under)

Half Hour	\$20.00
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Playing Lesson

Four Holes	\$50.00
Nine Holes	\$100.00

Rentals

Through October 2010

Power Carts

18 Holes	\$26.00
9 Holes	\$16.00
Trail Fee	\$8.00

Pull Carts

18 Holes	\$4.00
9 Holes	\$2.50

Club Rentals

Full Set	\$15.00
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Effective November 2010-March 2011

Power Cart

9 Holes	\$8.00/seat
18 Holes	\$13.00/seat

425-430-6800

Fall & Winter Specials

With the holiday season right around the corner, Maplewood Golf Course offers one-stop shopping for all golfers. Check out our fully stocked pro shop and all of our winter golfing specials. Winter golf specials begin in November. Please call the pro shop for additional details. Don't forget, this is a great time to schedule your company, staff, or family golf tournament. There are fantastic dates available, but they go fast! This is also a great time of year to tune up your game and keep those muscles loose with our new convenient range cards. Check out our golf lesson program.

Driving Range

Maplewood's 30-station driving range is open daily. For more information on hours and instructional programs, call 425-430-6800.

Warm-up Bucket (20 balls)	\$2.00
Small Bucket (40 balls)	\$4.00
Large Bucket (70 balls)	\$7.00
New convenient range cards available - ask in the pro shop!	

Pro Shop

At our full-service pro shop, you will find a wide variety of attire and equipment. If you do not see what you are looking for, let us know and we will special order it for you. Please come in and give us the opportunity to show you why we have been voted "Best Public Golf Course" for four consecutive years.

**November '10 to
February '11
Green Fees**

**\$16 after 1:00 p.m.
Seven days a week!**



Park and Facility Locations

Community Services Administration
1055 South Grady Way
Phone: 425-430-6600
Hours: Monday - Friday
8:00 a.m. - 5:00 p.m.

Black River Riparian Forest
North of Oaksdale SW & SW 7th St.

Burnett Linear Park
502 Burnett Avenue South

Carco Theatre
1717 SE Maple Valley Highway

Cascade Park
16165 126th Avenue SE

Cedar River Park
1717 Maple Valley Highway

Cedar River Off-Leash Dog Park
1500 Houser Way South

Cedar River Trail
From Lake Wa. to Jones Road

Cedar River Trail Boathouse
1060 Nishiwaki Lane

Cedar River Trail Canoe Launch
1060 Nishiwaki Lane

Earlington Park
272 Thomas Avenue SW

Fire Station #12
1209 Kirkland Avenue NE

Fire Station #14
1900 Lind Avenue SW

Gene Coulon Beach Park
1201 Lake Washington Blvd. North

Glencoe Park
4440 NE 24th Street

Hazen High School
1101 Hoquiam Avenue NE

Henry Moses Aquatic Center
1719 SE Maple Valley Highway

Heritage Park
233 Union Avenue NE

Highlands Library
2902 NE 12th

Highlands Neighborhood Center
800 Edmonds Avenue NE

Jones Park
Wells Ave. So. at Cedar River

Kennydale Beach Park
3601 Lake Washington Blvd. N.

Kennydale Lions Park
2428 Aberdeen Avenue NE

Kiwanis Bicentennial Air Park
260 Rainier Ave. N.

Kiwanis Park
815 Union Avenue NE

Lake Street Park
1511 Lake Avenue South

Liberty Park
Bronson Way N. & Houser Way N.

Lindbergh High School
16740 128th Avenue SE

Maplewood Golf Course
4050 Maple Valley Highway

Maplewood Park
3400 SE 6th Street

Maplewood Roadside Park
3201 Maple Valley Highway

McKnight Middle School
1200 Edmonds Avenue NE

Nelsen Middle School
2403 Jones Avenue South

North Highlands Neighborhood Center
3000 NE 16th Street

Philip Arnold Park
720 Jones Avenue South

Piazza Park
S. 3rd Street and Burnett Avenue S.

Renton Community Center
1715 SE Maple Valley Highway

Renton Greenhouse and Garden
101 Williams Avenue North

Renton History Museum
235 Mill Avenue South

Renton Library
100 Mill Avenue South

Renton Senior Activity Center
211 Burnett Avenue North

Renton Memorial Stadium
Logan Avenue S. & N. 4th Street

Renton Technical College
3000 NE 4th Street

Ron Regis Park
1501 Orcas Avenue SE

Riverview Park
2901 Maple Valley Highway

Sunset Court Park
1150 Harrington Avenue NE

Talbot Hill Reservoir Park
710 South 19th Street

Thomas Teasdale Park
601 South 23rd

Tiffany Park
1902 Lake Youngs Way SE

Tonkins Park
399 Williams Ave. So.

Windsor Hill Park
432 Windsor Way NE



Sign Me Up!

Resident Policy

Addresses within the greater Renton area do not accurately indicate whether or not a household and/or business is located within Renton City limits or unincorporated King County. If your address conforms to the examples below, you live inside the Renton City limits.

- Have a four digit or less house number and a one or two digit street address. For example, 1234 SE 4th Street, Renton.
- Have a four digit or less house number and a street name. For example, 1234 Main Avenue S., Renton.
- Have a five digit house number and were annexed by the City of Renton after August 25, 2006.



ADA

Accommodations

Most City of Renton facilities are wheelchair accessible. The City of Renton provides reasonable accommodations for those with disabilities. American Sign Language (ASL) interpreter available upon request. For this or other assistance, please call two weeks in advance: 711(TDD) or 425-430-6700.

Scholarships

Scholarships are available for some classes or programs, but scholarship funds are limited. For more information, please call 425-430-6747.

Online Account Creation!

Don't have a PIN/Barcode? Now you can create an account online. Go to cybersignup.org to set up your account. Once the request is received, we will activate the account and email your Pin/Barcode to you within two business days.

Forgot your Pin/Barcode? Go to cybersignup.org, click on the My Account Tab, Forgot My Password. If we have your email address in our system, your PIN/Barcode will be automatically sent to you. If you do not receive this information, please call 425-430-6700 for assistance.

Registration Dates

City of Renton residents only:
Tuesday, August 31, 2010

Open registration begins:
Tuesday, September 7, 2010

- Registration hours are 7:00 a.m. to 7:00 p.m., Monday through Thursday, 7:00 a.m. to 4:30 p.m. on Friday and 8:00 a.m. to 4:30 p.m. on Saturday. Registrations not received during registration hours will be processed the following day.
- Mail-In registrations received before registration is open to the general public will be processed after 12:00 p.m. on September 8. Walk-in registrations have first priority.
- Participants under the age of 18 must have parent/guardian consent to participate.
- Snacks and/or refreshments may be served at some programs. A portion of the registration fees may be used to purchase supplies and/or snacks.
- Pre-registration is required for all classes unless otherwise noted.
- All classes are held at the Renton Community Center unless otherwise noted. Site locations can be found on the Facilities Locations page.
- Fees include Washington State sales tax where applicable.
- This class schedule is published for informational purposes only and is subject to change without notice. Every effort is made to ensure accuracy at the time of publication.
- Don't hesitate. Register early to ensure that the program you desire isn't filled or canceled due to below minimum enrollment.
- Supply fees are additional fees paid directly to the instructor for items not included in the class fee or provided by the City of Renton Community Services Department.

Registration Confirmations

To save processing costs, the City of Renton does not send receipts or confirmations. Please keep a record of the dates and times for classes in which you enroll. You will be notified if there is a problem with your individual registration or if a class has been filled, canceled, or rescheduled.

Refund Policy

- Full refunds will be made for any program canceled by the City of Renton.
- To be eligible for a refund, a written request must be received at least seven days prior to the start of the program. The refunded amount will be the class fee less a \$10 administrative fee.
- Requests submitted less than seven days prior to the first class will be issued a refund/credit of 50% of the program fee.
- No refunds will be issued for any program fees of \$10 or less.
- If a request is made after the program has already begun, no refunds will be issued.
- No refunds will be issued to athletic teams, for league play or tournament play, if the request is made after schedules have been completed.
- No refunds will be issued for inclement weather, unless it results in the closure of the facility during the time of the rental.
- Picnic shelter/Henry Moses Aquatic Center Canopy and Group Reservation cancellations must be made at least 14 days in advance of the reservation date to be eligible for a refund. The amount refunded will be 50% of the reservation fee. Requests made less than 14 days before the rental date will result in the loss of the entire reservation fee. There is a \$30 rescheduling fee.
- If your original payment method was cash or check, and you do not wish a credit on your account, you will be issued a check through our Finance Department in approximately four to six weeks. Credit card payments will be refunded to your account within seven to 14 days.

Disclaimer

The classes and workshops offered in this brochure are designed to be useful and informative. We do not endorse any products or programs that are presented. It is the individual's responsibility to make informed decisions regarding these issues.

Sign Me Up!



Easy Ways to Register!

Walk-In

Renton Community Center, 1715 SE Maple Valley Highway, Renton, WA 98057.
Monday-Thursday: 7:00 a.m. to 7:00 p.m., Friday: 7:00 a.m. to 4:30 p.m. and
Saturday: 8:00 a.m. to 4:30 p.m.



Mail-In

Complete the registration form and include Visa or Mastercard number, expiration date and card holder signature or check and mail to **City of Renton Community Center, 1715 SE Maple Valley Highway, Renton, WA 98057.**



Phone-In

Phone-in registration is available Monday through Friday, 10:00 a.m. to 4:00 p.m. beginning **Thursday, September 9.** Please have registration information and credit card ready. **Call 425-430-6700.**



Internet

Our on-line system, *Cyber Sign-Up* is available 24 hours and allows you to view courses, register, make payments and view account information. To use Cyber Sign-Up go to www.cybersignup.org or visit the City's website at rentonwa.gov. You will need the following:

- Participant barcode
- Family PIN
- Program course number
- Valid Visa or Mastercard number and expiration date

Please Print

Please make checks payable to City of Renton. Notification will be made only if classes are canceled.

Parent/Guardian Information

Last Name: _____ First Name: _____

Address: _____ City _____ State _____ Zip _____

Phone (h): _____ (w): _____ email : _____

Participant's Name	Birthdate	Sex	Course #	Course Name	Fee	If course not available, course # of alternative.
				Total:		

Being fully informed as to these risks and in consideration of my being allowed to participate in City sponsored activities and/or use of City facilities, I hereby assume all risk of injury, damage, and harm to myself arising from such activities or use. I also hereby individually and on behalf of my heirs, executors, and assigns, release and hold harmless the City of Renton, its officials, employees, and agents and waive any right of recovery that I might have to bring a claim or a lawsuit against them for any personal injury, death, or other consequences occurring to me arising out of my voluntary participation in this activity." I hereby give permission to the City of Renton and the Recreation Division to use any photos taken during this activity, which might include me or my child (children), in publications promoting programs or activities within the City. Parent or guardian must sign if participant is a minor.

CASH

EXPIRATION DATE: _____

CHECK/MONEY ORDER # _____

DATE: _____

By: _____

Signature _____ Date: _____

For more information, call 425-430-6700 or visit rentonwa.gov.

Renton Recreation Division
1715 SE Maple Valley Highway
Renton, WA 98057

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Postal Customer



Letters to Santa

The City of Renton Recreation Division has made arrangements with the North Pole to accept mail for delivery to Santa beginning Monday November 15 through Friday, December 10. Staff will forward the information to the North Pole Post Office and your child will receive a personalized letter from the big guy himself!

Children are encouraged to tell Santa about some of their favorite memories of the past year and the number one gift they are asking Santa for this year. Please make sure your letter has your child's name and address for safe and speedy delivery. Letters may be dropped off in person or mailed to: Renton Community Center C/O Letters to Santa 1715 SE Maple Valley Highway, Renton 98057. For helpful letter writing tips visit rentonwa.gov.



Hassle Free Holiday Bazaar

Friday, November 19 and
Saturday, November 20

Shoppers, make Renton Community Center your first stop for those special holiday buys. Over 100 vendors will be on hand to present a wide variety of hand crafted items just in time for your holiday decorating. Friday, shop from 11:00 a.m. to 6:00 p.m. and Saturday, shop from 9:00 a.m. to 5:00 p.m. Food and refreshments will also be available.

**Call Shirley Anderson or Jennifer Spencer
at 425-430-6700 for information.**